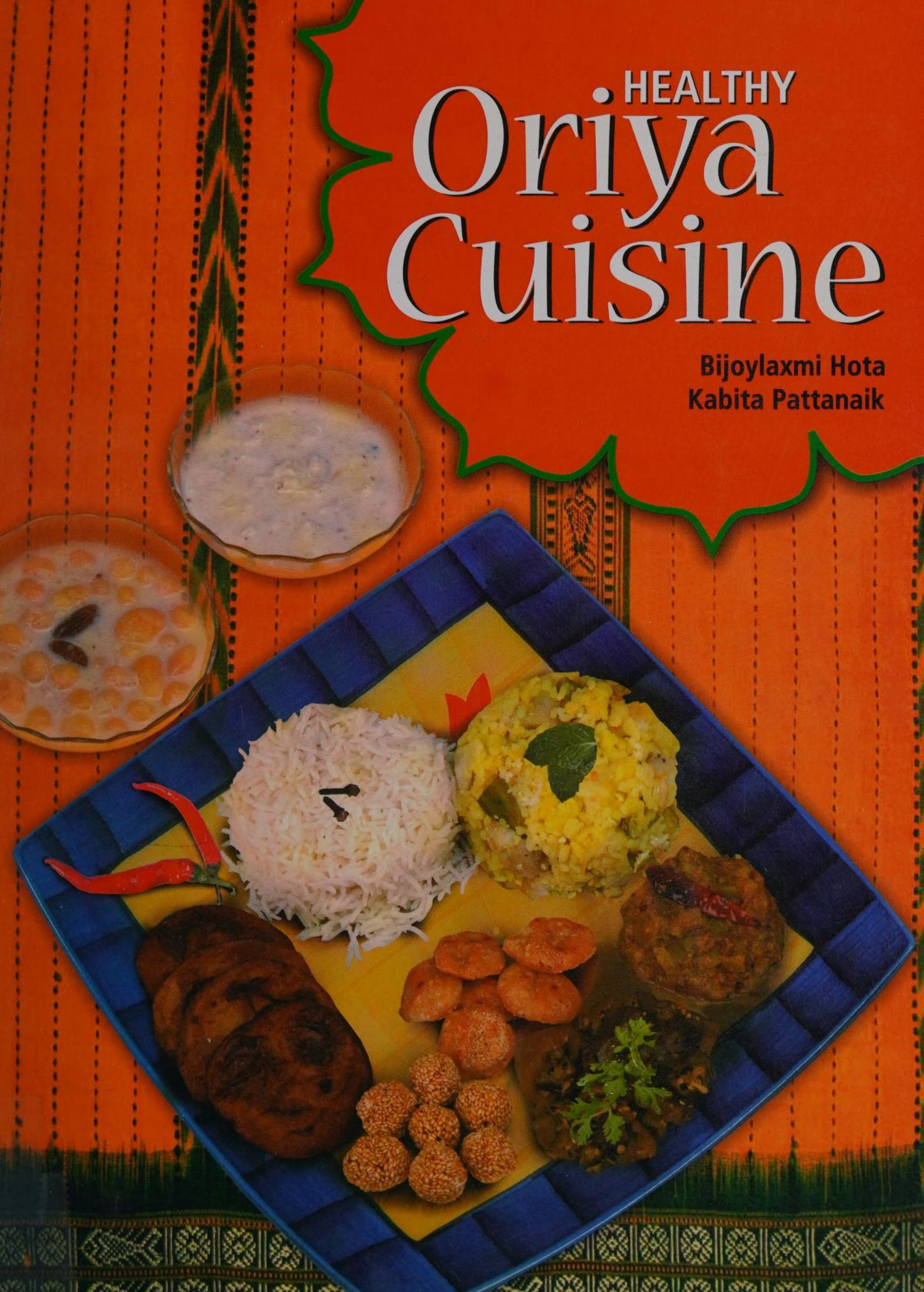
HEALTHY

Oriya Cuisine

Bijoylaxmi Hota
Kabita Pattanaik



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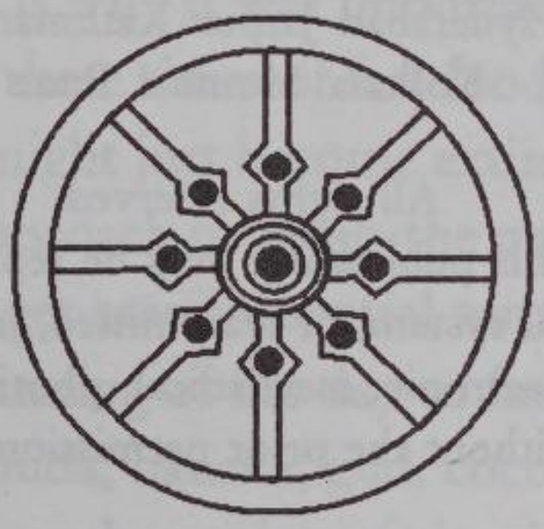

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A Word from the Authors

Oriya cuisine is very simple yet healthy, it can be incorporated in everyday meals by anyone who is willing to experiment , that is why it was important for us to collect these recipes and give it the form of a book. Otherwise in these times of fast food culture of which even Orissa has not been left untouched this unique cuisine might just become extinct.

One can take a look at the healthy approach to meals the oriya way and opt for it. Breakfast is wholesome, the body tissues that do not get many essential nutrients for long hours after dinner, need to be nourished properly at the beginning of the day to function well during the hours to come. Oriya breakfast is mostly a mixture of chuda, banana, gud, coconut and milk,paneer or curd along with a plate of mixed boiled vegetables. Lunch consists of rice,daal, one or two non-vegetarian dishes, one or two vegetarian dishes and curd. In summer, it is *pakhal*. Various bhajas, saag and mangoes are accompaniments. Many prefer to take *pakhal* for breakfast and dinner too. Dinner is generally a *pitha* (not the deep fried variety, which are reserved for special occasions), *daalma* and a kheer and/or mashed banana with milk and gur.

Mondays and *Ekadashis* (the 11th day of the moon) are generally no food days when only fruit and milk is taken – a practice that should be followed by anybody who wishes to keep his or her digestive system and in turn the entire system in perfect shape.

Bijoylaxmi Hota

The Hotas are fond of Oriya food, and we are of the Hotas. So, everytime they would come to town we would invite them for a meal and prepare as many Oriya dishes as we could manage, It has been both a joy and educative experience to dine with them because not only would they enjoy the food with relish, but Bijoylaxmiji would analyse and explain the benefits of the particular combinations, ingredients and mode of cooking of each dish. Impressed by her Oriya wisdom which I thought every body should know, I suggested that she should write a book on Oriya cuisine, she immediately agreed to the idea but with the condition that I would provide the recipes she would list. And *Healthy Oriya Cuisine* was born.

For people living in Orissa, its food is an everyday affair, but people who have made their homes in other parts of India and some who have migrated to other countries for better opportunities hardly remember what Oriya cuisine is all about. This cuisine book is for them and for those who still feel connected to their roots. What better way to connect to one's culture then to know in detail its food culture which develops in accordance with the lifestyle, culture and terrain of that region.

Happy Cooking!

Kabita Pattanaik

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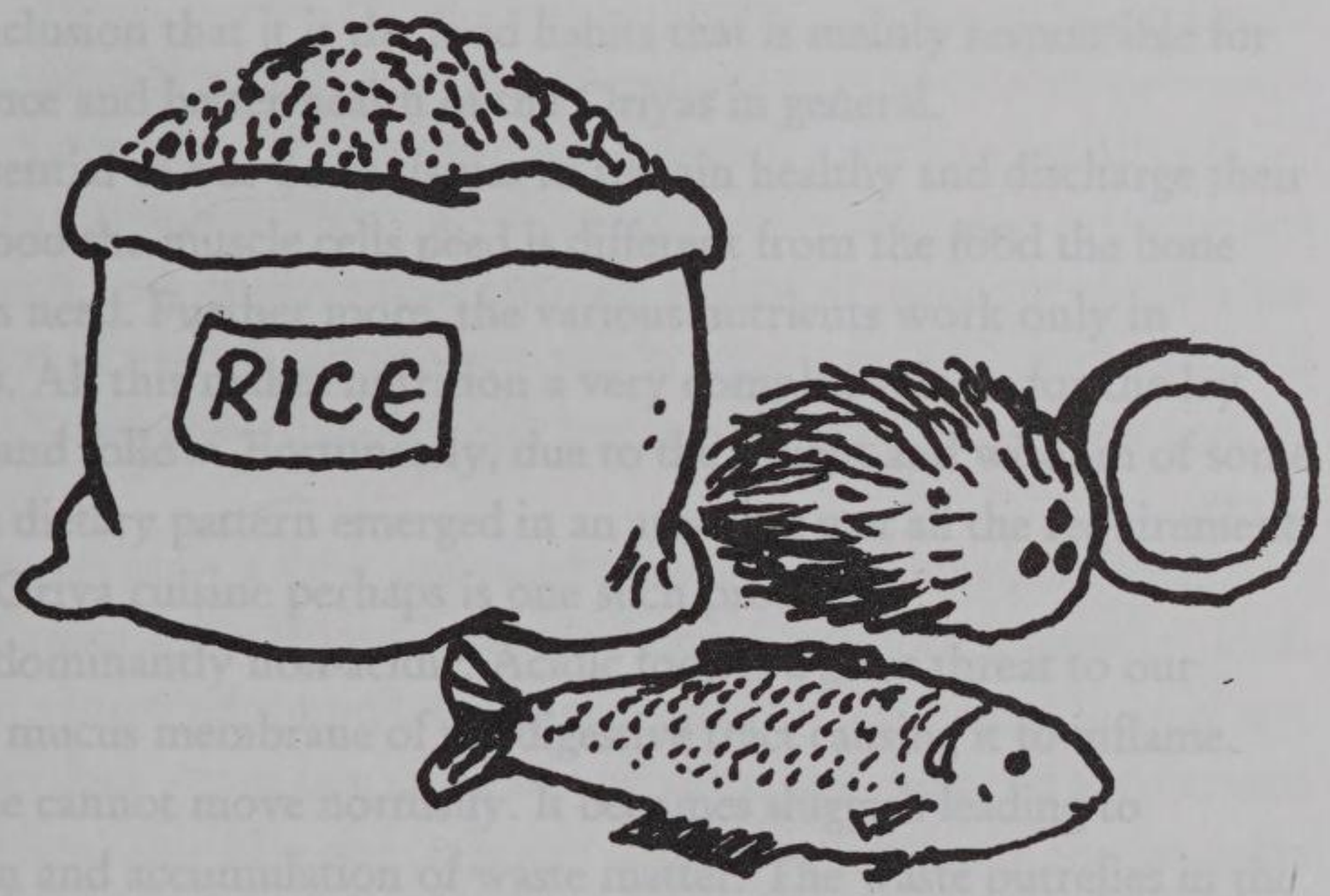
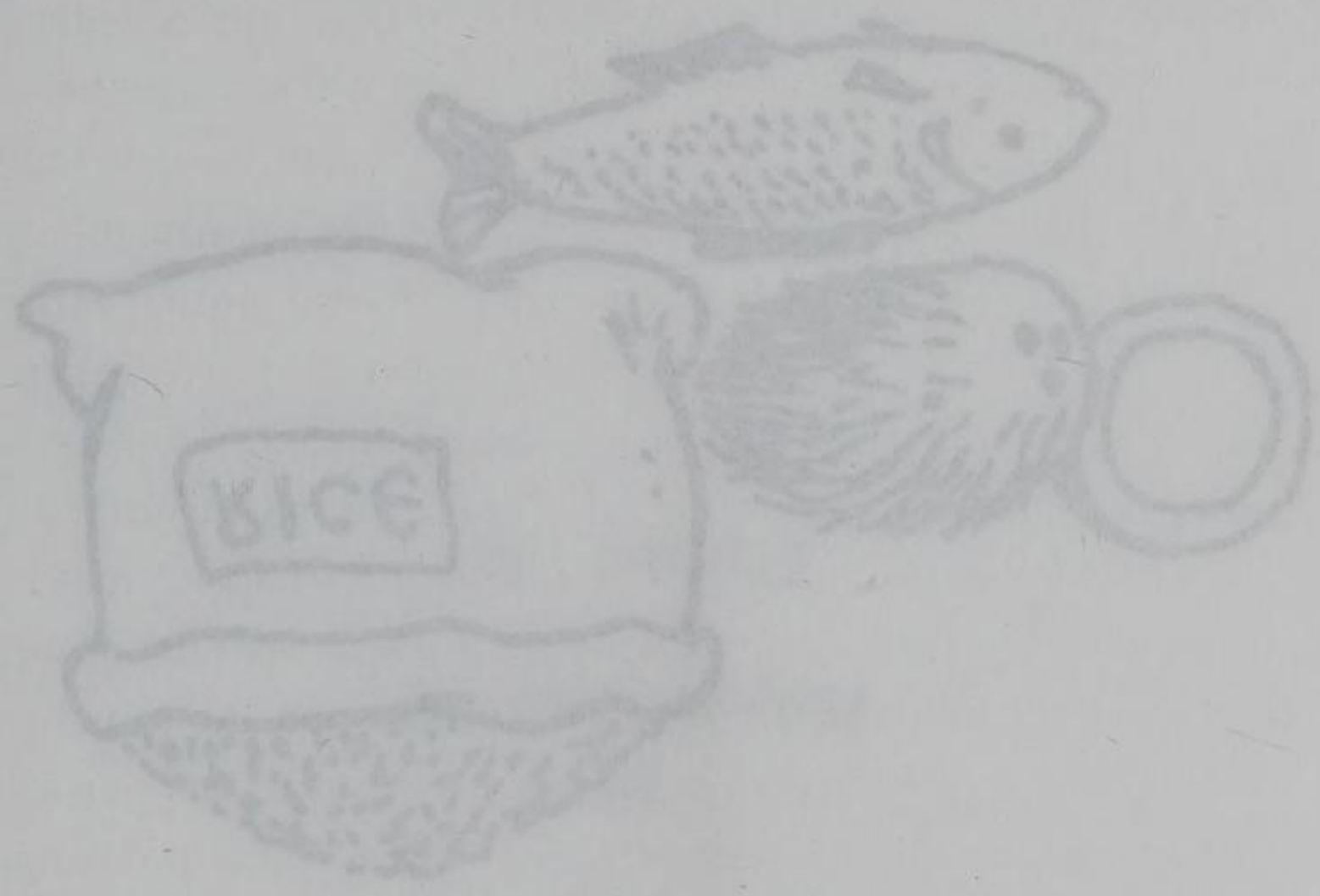
1

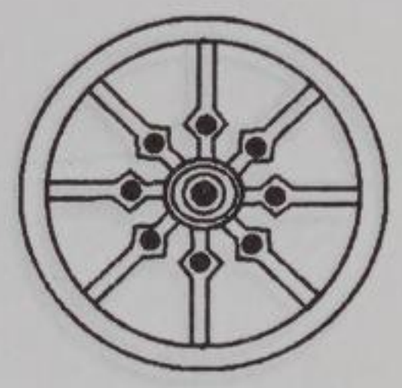
All About Oriya Cuisine



'Too much protein is ageing'

—Paramahansa Swami Satyananda Saraswati


RICE



In the early eighties, when we moved to Delhi from Orissa, I was shocked to see the signs of ageing and ill health all around. Most teenagers had pimples, youngsters in their twenties and thirties were greying, and beyond twenties to almost everybody had deep wrinkles. Health problems such as acidity and arthritis were rampant and affected young and old alike. All that made me wonder as to what it was that the people of my state were less affected from these afflictions. As a Yoga Therapist, I need to study extensively subjects such as health, nutrition and ayurvedic principles. After researching and reflecting on the topic for a while I have now come to the conclusion that it is the food habits that is mainly responsible for the youthful appearance and better health of the Oriyas in general.

Proper food is essential to our body tissues to remain healthy and discharge their duties well. But the food the muscle cells need is different from the food the bone cells or the nerve cells need. Further more, the various nutrients work only in specific combinations. All this makes nutrition a very complex subject for the lay person to remember and follow. Fortunately, due to the insight and wisdom of some evolved individuals, a dietary pattern emerged in an area that met all the requirements of the human body. Oriya cuisine perhaps is one such product.

Oriya food is predominantly non-acidic. Acidic food is a great threat to our health. It irritates the mucus membrane of the digestive tract causing it to inflame. The inflamed intestine cannot move normally. It becomes sluggish leading to insufficient evacuation and accumulation of waste matter. The waste putrefies in the colon and turns into an ideal breeding ground for harmful bacteria. The microbes produce toxic gases and more acid. The irritated stomach too secretes excess acid which worsens the condition further. Eventually, the acid and toxic gases find their way into the body tissues through the blood stream and poison them. The tissues resultantly age and become diseased. With an alkaline diet, this danger can be dispensed with. Alkaline food counters stomach acid and helps maintaining the correct PH balance (acid alkaline balance) of the blood – a pre-requisite of good health. Plenty of alkaline vegetables prepared simply ensures the alkalinity.

Even the best of alkaline vegetables can turn acidic if they are heavily cooked. Such food is harder to digest and sits in the stomach for long hours drawing more acid. The acid and the heat of the intestine quickly ferment the food creating an acidic condition.

Oriya food is easy to digest and leaves the stomach in a short period. The dishes are generally steamed or boiled. Even the spices are often added raw. Outsiders wrongly associate Oriya food with that of Bengal's. Both may be similar in taste, appearance and ingredients, but are very different in process they are prepared. In

Bengal, the vegetables are often fried, before cooking while in Orissa, it is the other way round: vegetables are boiled before frying. Boiled food does not absorb much oil during frying.

Fat is used sparingly in Oriya cooking. The media of cooking are mustard oil and ghee made from cow's milk – both regarded as therapeutic by ayurveda. Many other ayurvedic principles on food combinations and prohibitions are also followed in Orissa. People generally do not take saag, curd or bitter gourd at night and do not combine milk with meat or fish and so on.

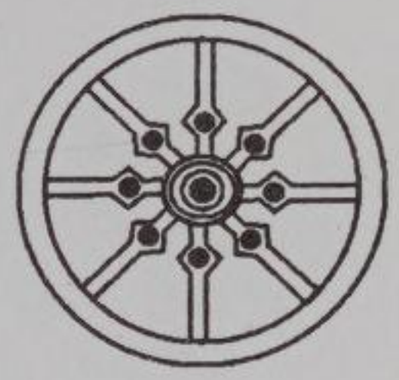
Oriyas cannot do without non-vegetarian food, which needs hydrochloric acid to be digested. But the quantity is less and the preparations are simple so as not to make the system too acidic. Furthermore, the periodic short fasts that most Oriyas observe on Mondays, Thursdays or on the eleventh day of the moon, effectively clear any excess acid and toxins the body might have collected. The fast also provides some well-deserved rest to the digestive system making it stronger.

Anything in excess is harmful. Even taking only light food can make the stomach too sensitive and vulnerable with any slight variation upsetting it. Oriya cuisine with some harder to digest delicacies prevents such eventualities. Balance is the keyword in Oriya food. The soundness of this wisdom can be seen in many oriyas who even in their seventies and eighties eat and digest deep fried *pithas* and red hot mutton curry.

Oriya meals are balanced and wholesome with a wide variety of dishes. Now a days, influenced by many modern theories, people often make the mistake of taking one kind of food while ignoring the others. Some take mostly proteins, some concentrate on salads and some live on fruits and nuts – each one can have adverse effect on one's health. In a protein rich diet, uric acid – the end product of all proteins increases in the body. The kidneys whose job is to remove this acid from the system get strained trying to handle the huge amount. They progressively weaken and can develop various ailments. Also when the acid is not eliminated effectively, it accumulates in the tissues causing arthritis, gout and other diseases. Similarly, too much vegetables in the raw form is said to interfere with the thyroxin production in the thyroid gland, which can completely upset the metabolic process. And, an all fruit and nuts diet may sound healthy but it has its own complication. A disciple of *Paramahamsa Swami Satyananda Saraswati*, who lived on fruits and nuts, became so sensitive to sounds that he left the town to live in the quiet mountains. There too he could not live in peace. Ultimately he had to revert to his earlier eating habit to normalise his condition.

Till the sixties, most Oriyas cooked their food in earthen pots, served it on banana leaves, sat cross-legged on the floor and ate with their hand – each of which is health promoting. Their sitting position is a yoga posture which limits blood flow to the legs so that more blood is available to the digestive system to function better. Eating with the hand allows *prana* the vital force coming out of our hands to mix

with and vitalise the food. Food served on banana leaf also receives *prana* from the leaf. Food cooked in earthen pot does not change its properties adversely and hence is the safest. Unfortunately many of these practices are now discarded by the younger generation though the food pattern still remains almost the same.



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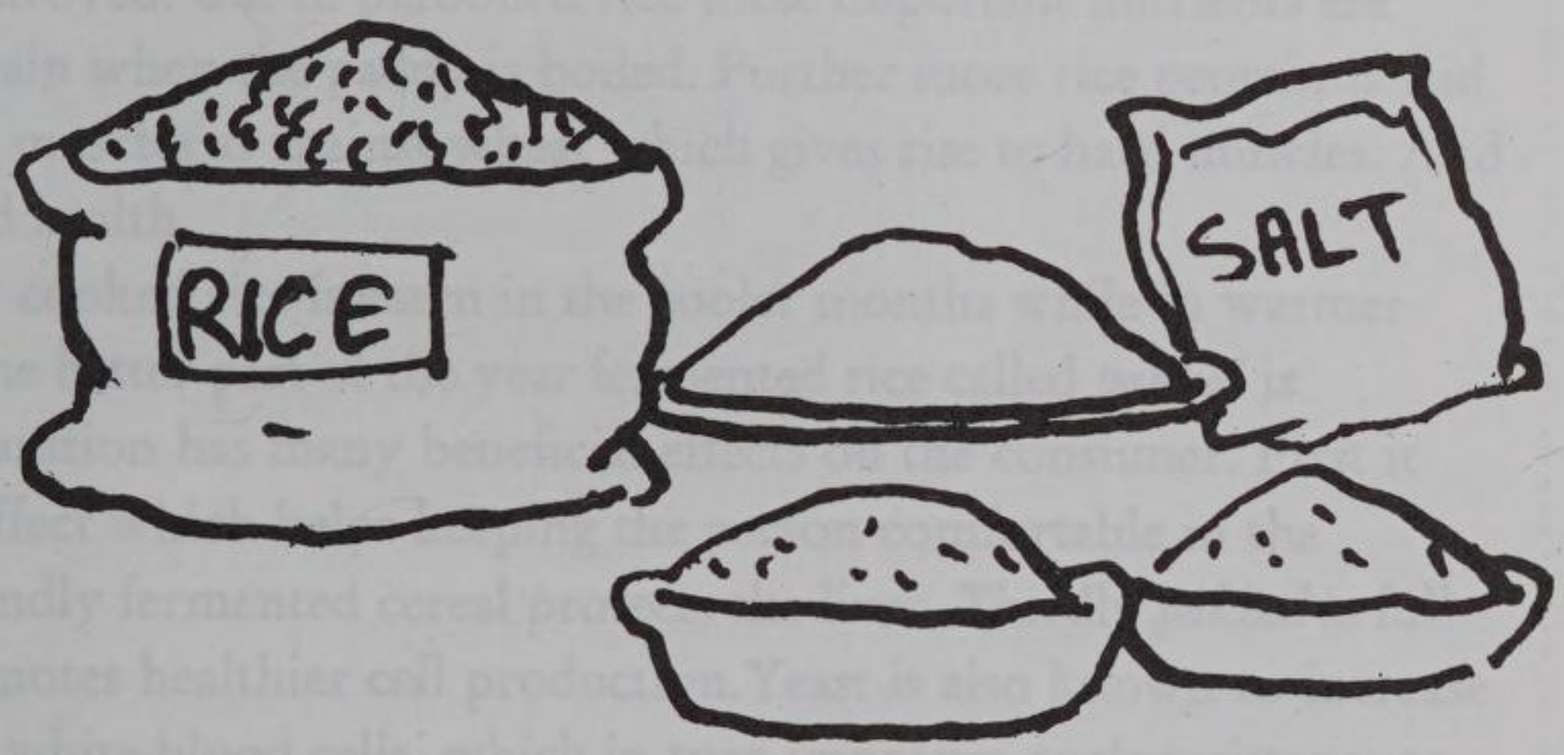
Cuisine Rationale

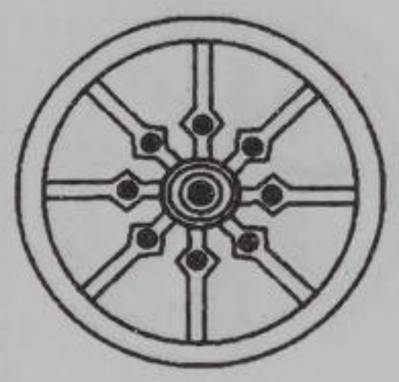


'Half fill your stomach with food, a quarter with water, and another quarter with air'

—Swami Shivananda

FLOUR
SUGAR

Science has helped us to understand and appreciate the rationale behind the following most commonly used ingredients in Oriya Cuisine.



Rice

Rice is the staple diet of Orissa. Traditionally rice is taken in all the three main meals in some form or the other. Though raw rice is used for making *pithas* (Oriya sweet meats) and Khichdi, it is parboiled rice that people mostly eat. This rice is not only easier on the stomach but is also more nutritious. In raw mill rice most of the nutrients are destroyed. But in parboiled rice these important nutrients are absorbed into the grain when the paddy is boiled. Further more rice protein is said to promote resilient muscles as against wheat which gives rise to hard muscles. And resilience spells good health.

In Orissa freshly cooked rice is eaten in the cooler months while in warmer period which lasts the better part of the year fermented rice called *pakhal* is favoured. This preparation has many beneficial effects on the consumer. First it has a high cooling effect which helps keeping the person comfortable in the scorching heat. Secondly fermented cereal protects the liver. Thirdly *pakhal* is full of yeast, which promotes healthier cell production.Yeast is also known to increase the resistance of the white blood cells, which in turn improves one's resistance to all diseases. And lastly because of the alcohol content, it induces sound sleep – the most powerful health restorer.

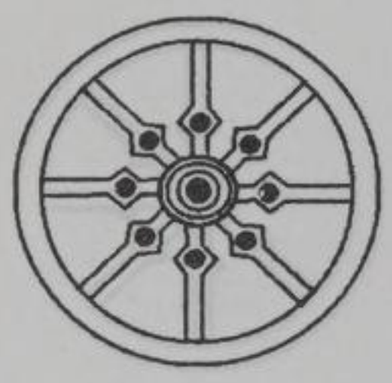
Green Gram

Everywhere in India cereals are eaten with some pulse. In Orissa it is mostly green gram, which is supposed to be the only daal that counters stomach acid. This daal is often cooked with vegetables which further increases the alkalinity of the dish.

Coconut

With coconut trees growing plentyful in Orissa, it is natural for the locals to use it liberally, both in the green stage and in its ripe form. Coconut is put in many Oriya preparations – starting from desserts and sweetmeats to rice, daal and curries.

Coconut is a highly nutritious fruit that contains many enzymes. At the same time it is highly therapeutic which can inactivate many harmful bacteria, yeast, fungi and viruses which included measles, herpes and even H I V. Coconut is supposed to stimulate the thyroid gland. Unlike the north, hypothyroidism is not common in Orissa. It is high in cholesterol content but it's harmful effects are neutralised by the consumption of fish and adequate roughage.



Fish

This is the most favoured non-vegetarian food in Orissa. The benefits of fish cannot be overemphasised. Of late much is discussed about its Omega 3 – fatty acid that not only lowers bad cholesterol in the body, but also increases the good one. It is also essential for production of elastic cell membranes. In its absence, the body uses saturated fat to make them which are less elastic that does not allow organs to relax well. The heart cannot get back to a complete resting state, which can have dangerous consequences. Further more, the absence of Omega 3 can lead to maladies such as depression, rheumatoid arthritis and irritable bowel syndrome.

Studies show that patients of rheumatoid arthritis have less stiffness and can manage with a lower dose of anti-inflammatory drugs when they take fish. And most people with irritable bowel syndrome remained symptom free when they took Omega 3 with their medication. Studies have shown that women who ate fish once a week were 22% less likely to have strokes than women who ate it once a month and 10 gms of fish oil a day resulted in much less episodes of mania and depression in people suffering from mood swings. Even the nerve conduction in the heart improves with Omega 3.

The other benefits of regular consumption of fish are:

(a) fish eating children are less likely to develop asthma;
(b) the health of brain tissues and retina improve;
(c) Omega 3 fatty acids of fish may reduce the risk of cancer by 30-50%;
(d) reduces the risk of heart diseases;
(e) elderly people are less likel to develop dementia including Alzheimer's disease
(f) breastfed babies of fish eating mothers have better eyesight.

In Orissa small fish is consumed a lot. After discarding the entrails, the whole fish is eaten along with its bones and head, which is extremely beneficial. Fish bones are rich in calcium that helps making strong bones while the head contains phosphorus, which is essential for our brain. The head of big fish is also used in various preparations.

Crab

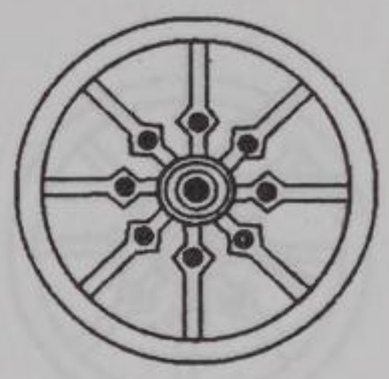
A favoured delicacy of Orissa is the crab which is a storehouse of nutrients. It not only contains highly assailable calcium and iron, it has wonderful anti-ageing properties. Its regular use is seen to prevent the common bio-chemical changes that occur with advancing years. Another advantage of crab is that it contains no cholesterol.

Bottle Gourd

Lauki forms a part of most mixed vegetable preparations. It is a highly alkaline, cooling and diuretic vegetable that can neutralise highly acidic urine. It also prevents excessive loss of sodium in summer that can lead to fatigue and muscular cramps. Further more, lauki is said to be the surest preventive for TB.

Parwal

This is one of the few vegetables that ayurveda calls *tridosha nashaka* meaning it destroys the faults arising out of the imbalance of the three humors i.e. *kapha* or mucus, *pitta* or bile and *vata* or gas.



Papaya

In Orissa, Papaya is eaten both as a fruit and is also used as a vegetable in its raw state. As a vegetable, it is a strong digestive because of its enzymes. When added to meat it makes the meat soft and easy to digest. Green papaya helps uterus to contract, cures enlargement of spleen due to malaria and has a lethal effect on roundworm.

Banana

Banana is also consumed as both a fruit and a vegetable. As a vegetable banana is an integral part of most mixed vegetable preparations. It is rich in easily assimillable iron and firms up stool. Banana flowers and stem are also eaten with benefits. The flower is useful to control excessive bleeding and pain during menstruation in young girls, while the stem helps the bowel to clear.

Arvi

A must in most mixed vegetable preparations; arvi is a rare vegetable that contains natural steroids and sex hormones.

Bittergourd

All bitter tasting foods such as Karela, neem leaves and flowers are part of the regular meals in Orissa. They all are good blood purifiers and help in eliminating all kinds of skin ailments such as boils, scabies, itching, ringworms and psoriasis. They strengthen the pancreas and are said to prevent leprosy.

Drumstick

Full of iron, this vegetable is excellent for enlarged liver and spleen.

Radish

Radish is put in many mixed vegetable dishes. This vegetable digests everything but itself and that shortcoming is rectified by cooking it with a little of its own leaves.

Saag

Generally Oriyas cannot do without leafy vegetables everyday. Saag is a must even in the poorest household. A wide variety of them are eaten such as chaulai, palak, poi, drumstick leaves, pumpkin leaves, beetroot leaves 'Kalam' and many others.

All green leaves are rich in vitamin A, calcium, phosphorus and iron. They effectively give protection against anemia, thinning bones and pre-mature old age. Chaulai dissolves uric acid and lowers blood cholesterol. Drumstick leaves are also recommended for lowering cholesterol.

Fruit

All sorts of seasonal locally grown fruits are consumed in Orissa, be it mango, jackfruit, jamun or palm. But banana is the most favoured one. People start their day and end it with a banana. A common dessert with dinner is mashed banana with milk. The calcium and magnesium content of this dish effectively calm the nerves and muscles and induces sleep.

Dates

Date chutney is served in most Oriya feasts. This fruit has many wonderful properties. Eating dates regularly increases blood, tones up the nervous system and makes one feel years younger. The virility of Arabs is said to be the result of dates and honey. Further more, dates along with curry leaves is said to prevent and cure early diabetes. This fruit helps in relaxing the intestine.

Jaggery

Oriyas are fond of sweets and jaggery is the traditional sweetener. Jaggery is a very wise choice as it retains all the natural goodness of sugarcane, which are lost during the processing of white sugar and has none of the chemicals such as sulphur dioxide, phosphorus and harmful bleaching agents which are added in the making of refined sugar.

Jaggery is a storehouse minerals and vitamins, It is rich in magnesium that strenghtens the nervous system; potassium that conserves the acid balance in the cells; and iron that prevents anaemia. It also prevents rheumatic afflictions and disorders of the bile. It is said to absorb and eliminate toxic foreign substances from the blood which is probably the reason why in cement factories and other industries where the workers are forced to inhale foreign matters are regularly given jaggery by the management. Jaggery's purifying effect has been confirmed by an experiment done by the Industrial Toxicology Research Centre at a workshop held in Lyon, France.

Cow's Milk

Traditionally only cow's milk is used in Orissa. This milk, according to ayurveda is nothing but pure medicine and science is now echoing it. It says that cow's milk can prevent many serious ailments. According to a finding in the West, a protein in this milk called lactoferrin prevents the attachment of more than 30 types of bacteria including *salmonella* and the dreaded *E coli* on meat surface and it removes

bacteria from the tooth or an acne. Cow's milk protects infants from bacterial infections while their immune system develops.

Spices

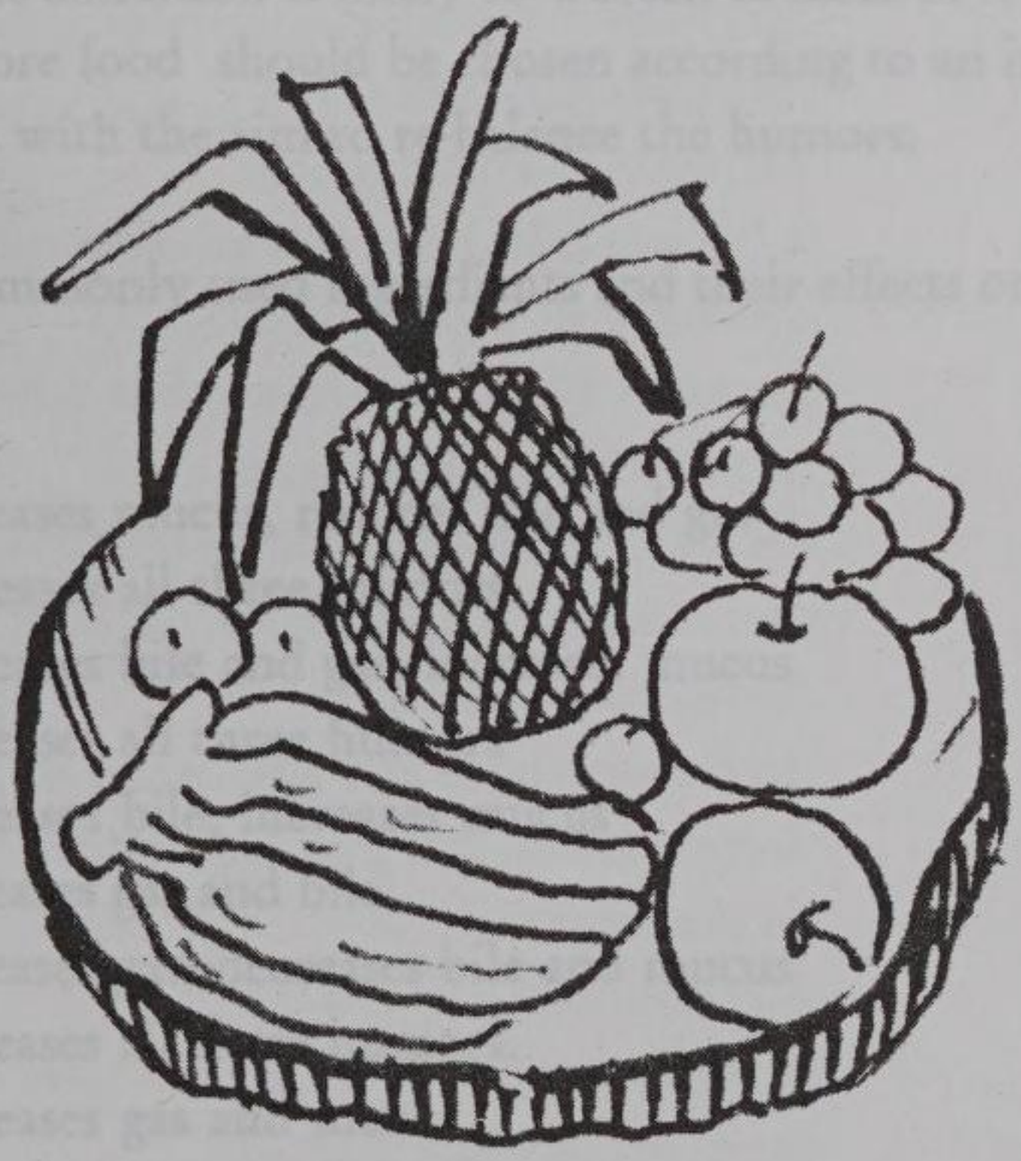
Oriya cuisine is generally associated with mustard and poppy seeds. Mustard is not only a known appetizer that increases gastric juice secretion it is rich in Omega 3, iron, calcium, zinc, manganese, magnesium, selenium, proteins, and dietary fibre. Selenium is an important nutrient that helps reduce the severity of asthma, decrease symptoms of rheumatoid arthritis and help prevent cancer. The isothiocynates in mustard seeds have been shown to inhibit growth of existing cancer cells and to be protective against formation of such cells in animal studies.

Magnesium in mustard seeds helps restore normal sleep patterns in women during menopause and prevent heart attack in patients with atherosclerosis or diabetic heart disease. And poppy seeds relieve constipation and when taken at night induces sound sleep.

And thus, Oriya food aims for faster digestion, smoother elimination, deeper sleep and a perfectly balanced blood-the most important factors for health, vigor, vitality and youth.

3

Ayurvedic Properties



Ante tikta, dante lavan
pet bhare teen kon

[Bitter (food) for the intestine, salt for the teeth and the stomach should be only three-quarter filled]

—An Oriya saying

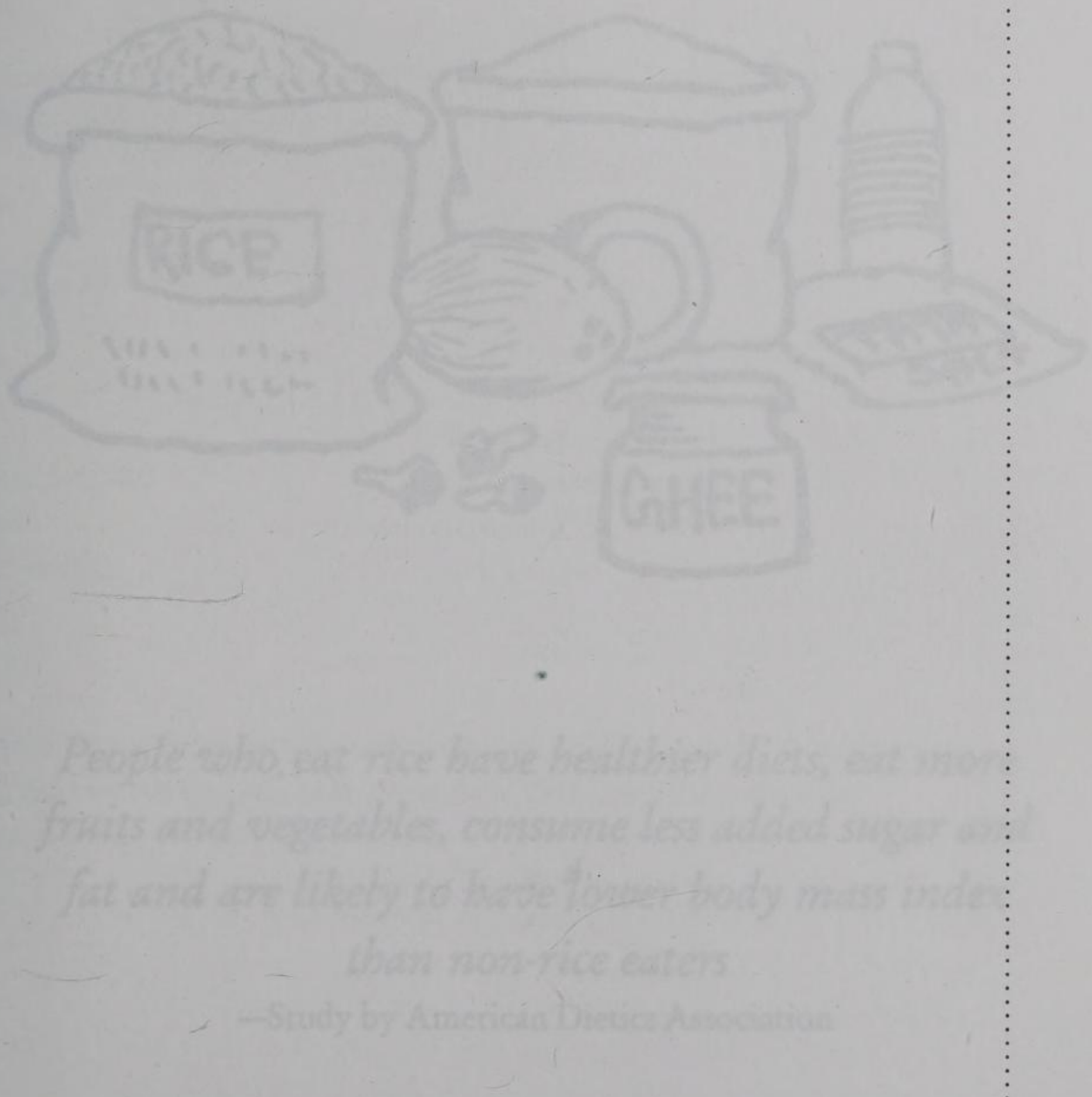
A food item cannot be universally good or bad. A healthy system with balanced humors can digest anything, assimilate the beneficial nutrients and eliminate the harmful elements. But in a sick body even an otherwise wonder food can create a huge problem. For example, if an arthritic, whose body has become acidic drinks lemon juice, an otherwise health drink, the pain will increase almost immediately or a person with cold and cough takes curd which is ordinarily good for the digestive system, his condition is likely to worsen because of it's mucus producing quality. Therefore food should be chosen according to an individual's present physical condition with the aim to re-balance the humors.

Given below is a list of commonly used ingredients and their effects on the body's humors.

Almond	increases mucus, reduces bile and gas
'Anar'	decreases all three humors
Apple	decreases bile and gas; increases mucus
Banana (green/raw)	decreases all three humors
Banana ripe	decreases bile; increases mucus
Banana Flower	increases gas and bile
Barley	increases gas; decreases bile and mucus
'Bathua'	decreases all three humors.
'Bel' (green/raw)	decreases gas and mucus
'Bel' (ripe)	increases all three humors
Berry (ripe)	decreases bile and gas
Buttermilk	decreases all three humors
Black gram	decreases gas; increases bile and mucus
Brinjal (young)	decreases bile and mucus
Brinjal (mature)	increases bile
Carrot	decreases all three humors
'Channa'	decreases mucus and bile; increased gas.
'Chaulai'	decreases bile and mucus
Chicken	decreases gas
'Chuda'	decreases gas; increases mucus
Coconut	increases bile
Coconut water	decreases bile and gas
Cow's milk	decreases bile; increases mucus
Cucumber	decreases bile
Curd	decreases gas; increases bile and mucus.

Custard apple	decreases bile and gas
Dates	decreases all three humors
Drumstick flower	decreases all three humors
'Ghee'	decreases bile and gas; increases mucus
Garlic	decreases gas and mucus, increases bile.
Goats meat (young)	decreases all three humors
Grapes	decreases all three humors
Honey	decreases all three humors
'Hilsa'	decreases bile and gas; increases mucus
Jaggery	decreases gas and mucus, increases bile slightly
'Jamun'	decreases mucus and bile; increases gas.
Karamanga	decreases mucus and gas, increases bile
'Katla'	decreases bile and gas
'Karela'	decreases bile and mucus
Lady's finger	decreases bile, increases gas and mucus
'Lauki'	decreases all three humors
Mango (raw)	increases all three humors, but when skinned and dried decreases mucus and gas.
Mango (ripe)	decreases gas and increases mucus and bile
'Masoor'	decreases mucus and bile; increases gas.
Meat soup	decreases gas and bile
Melon	decreases mucus and gas; increases acid
'Moong'	decreases bile and mucus; increases gas (marginal)
Mulberry	decreases gas and bile
Musk melon	decreases bile and gas.
Mustard	decreases mucus and gas; increases bile
Mustard green	increases all three humors
Mustard oil	decreases mucus; increases gas & bile
'Naspati'	decreases all three humors
Onion	decreases bile; increases mucus
Orange	decreases bile and gas
Palm	decreases bile and gas
Papaya	decreases bile
'Parwal'	destroys all three humors
Peas	decreases bile and mucus; increases gas
Pea 'saag'	decreases all three humors
Pineapple	decreases gas
'Poi'	decreases gas and bile
Potato	decreases bile; increases gas and mucus
Prawn	decreases bil; increases gas and mucus
'Pudina'	decreases gas and mucus
Pumpkin (green)	decreases bile

Pumpkin (half ripe)	increases mucus
Pumpkin (fully ripe)	decreases all three humors
Pumpkin flower	decreases bile; increases gas
Radish	increases all three humors
Rice	increases mucus and gas
Ridge gourd	decreases bile; increases gas and mucus
Roe	increases mucus and bile
'Rohu'	increases bile and gas
'Sem'	decreases bile and gas
Sugar	increases mucus, decreases bile.
Tamarind	decreases gas and mucus, increases bile
Tomato	decreases gas; increases bile
Wheat	decreases bile and gas; increases mucus



4

Rice

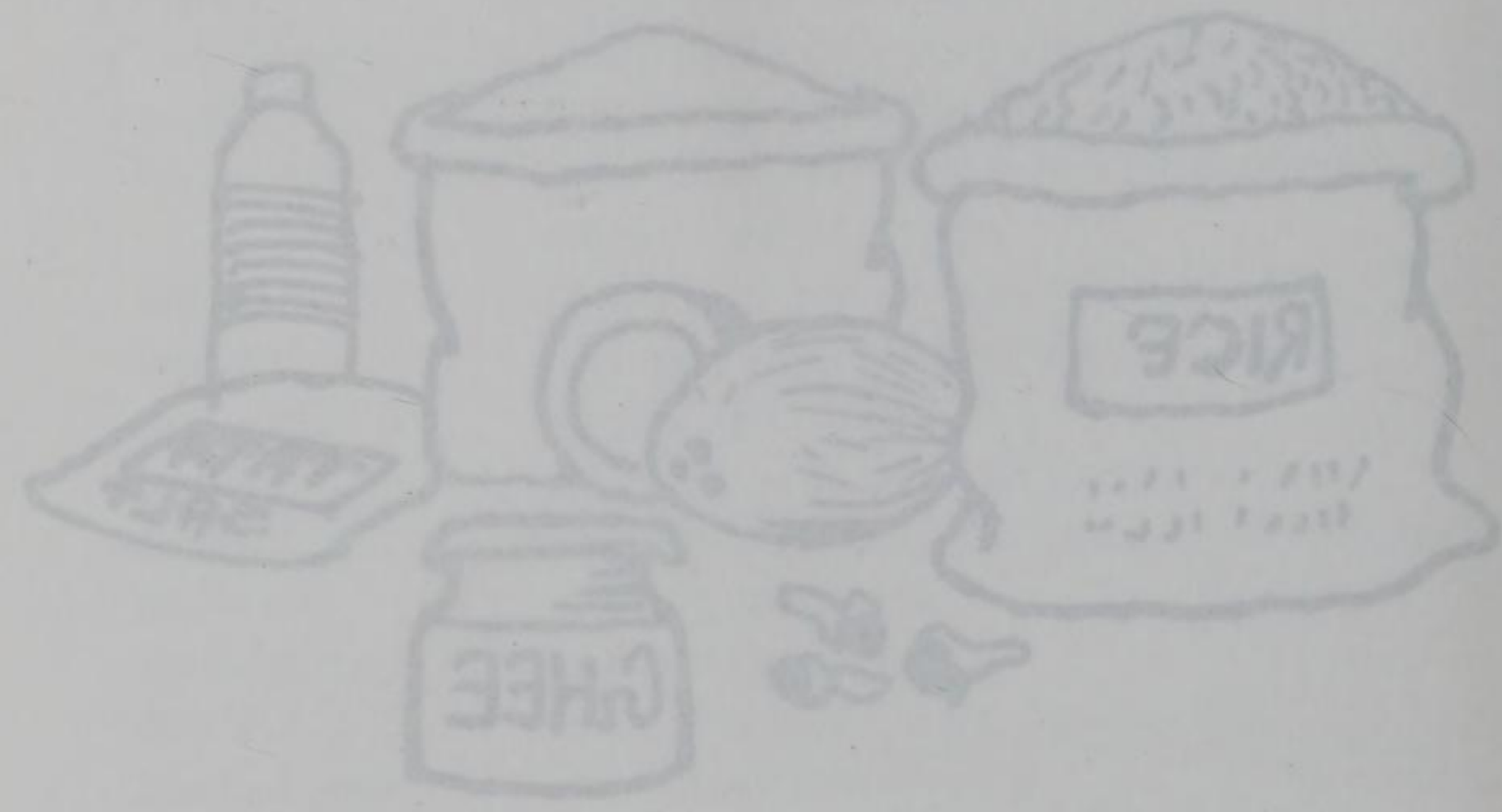
THE BASE FOR A COMPLETE MEAL

People who eat rice have healthier diets, eat more fruits and vegetables, consume less added sugar and fat and are likely to have lower body mass index than non-rice eaters

—Study by American Dietics Association

Rice

THE BASE FOR A COMPLETE MEAL



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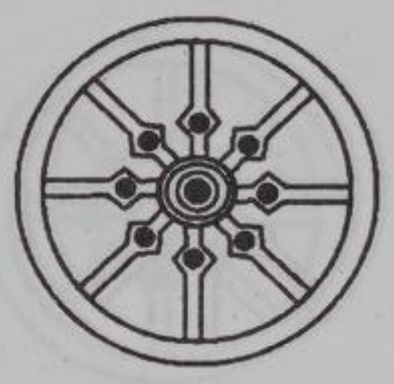
than non-rice eaters

—Study by American Dietics Association



Coconut Rice

Serves: 5–6

2 cups rice
¼ cup coconut (scraped)
1 pc cinnamon
1 tsp sugar (less if preferred)
4 cups water
2 tsp ghee
2 green cardamoms
2 cloves
salt to taste

METHOD:
Wash and drain rice and mix with the ghee. Boil water and put everything together. Cook till done.

Carrot Rice

Serves: 5–6

2 cups rice
½ cup coconut (scraped)
10 peppercorns
1 tbs aniseed powder
4 cups water
2 tsp ghee
½ cup carrot (grated)
1 bayleaf
salt to taste

METHOD:
Wash and drain rice and mix it with one tsp of ghee. Heat the remaining ghee and add bayleaf. Add carrot and sauté for a minute or two. Add the rest of the ingredients and cook till done.

Chana Daal Rice

Serves: 5–6

2 cups rice (parboiled)
a handful channa daal
2 (crushed) green cardamoms
½ tsp sugar
6 cups water
1 tbs ghee
2 bayleaf
2" x 2" coconut
salt to taste

METHOD:
Soak the daal for one hour. Wash and drain rice. Chop coconut. Heat ghee and put bay leaves, cardamom and coconut. When they turn brown, put in rice and daal and fry for one to two minutes. Add water, salt, sugar and cook till done.

Sweet Khichdi

Serves: 5–6

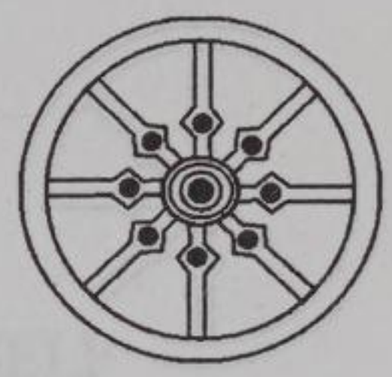
2 cups rice
1 bayleaf
¼ tsp salt
1 tbs ghee
4 tbs sugar
1 handful green gram daal
½ tsp turmeric
4 cups water
½ cup coconut (scraped)

METHOD:
Except for ghee, coconut and sugar, put everything else in the cooker and cook till done. Add the rest and mix well.

Sweet Rice

Serves: 5–6

2 cups rice
1 tsp coriander seeds (tied in a piece of muslin)
1 stick cinnamon
4 peppercorns
2 green cardamoms
1 bayleaf
8 cashews
¼ tsp salt
1 tbs ghee
1 tsp cumins seeds
2 cloves
1 black cardamom
1 pea sized piece nutmeg
3 tsp kishmish
4 tbs sugar
6 cups water



METHOD:

Wash and drain the rice. Boil the spice bundle in water till four cups of water remain. Heat ghee and fry the nuts and kishmish till brown. Remove them and in the same ghee add rice and fry till it changes colour. Add water after removing the bundle and the rest of the ingredients. Cook till done.

Moong Khichidi

Serves: 3

1 cup rice
2 parwal
3 onions
1 tomato
½ tsp turmeric
1 tbs ghee
2½ cups water
¼ cup moong daal
2 medium potatoes
2 tbs oil
1 bayleaf
¼ tsp chilli powder
salt to taste
1 tbs cuminseeds

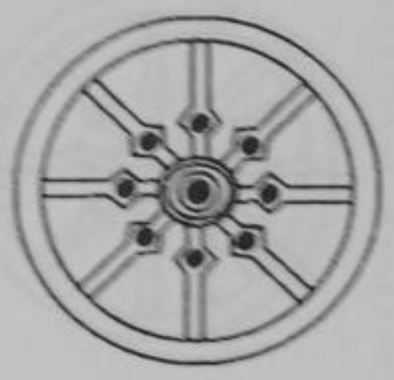
METHOD:

Wash and drain rice and daal. Scrape lightly and halve parwal. Peel and halve potatoes. Peel onions and keep aside two whole. Halve the third one and slice one half. Grind the other half with cumin. Heat one tsp oil and fry parwal and potato till brown and remove. Add the remaining oil and put the bay leaf and onion slices. Fry till brown. Add the ground spices and fry for one or two minutes. Add rice and daal and fry for one minute. Pour in the water. Add all other ingredients and cook till done.

Pakhal

Serves: 2

2 cups cooked rice (preferably parboiled one) 4 cups water



METHOD:

Pour water into cool rice and mix well with bare hands. Cover and keep overnight. Before eating it break a green chilli in it.

A freshly plucked and washed green mango's stem can be broken in it for a unique flavour. Salt can be added if one wishes.

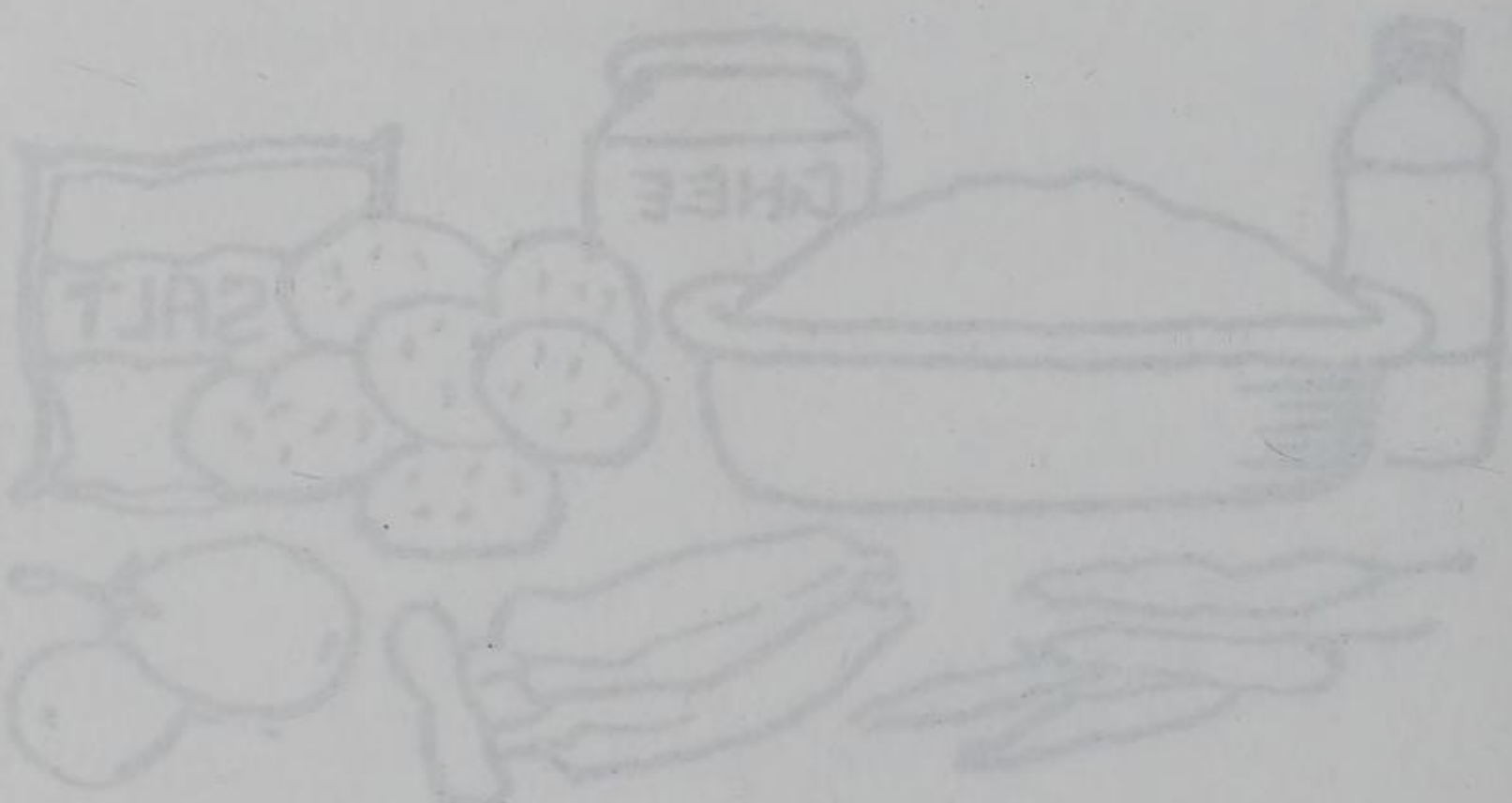
Note: Lime juice and curd can be added.

5

Daalma

PULSES WITH VEGETABLES A COMPLETE MEAL IN ITSELF

Pulses with vegetables along with a bowl of rice provides all the nutrients one needs for good health



Moong Daalma

Serves: 5

½ cup green gram daal
1 raw banana
1 drumstick
2 tsp ghee
2 red chillies
2 cups water
1 potato
½ brinjal
1 tsp mustard
2 tsp cumin seeds
salt to taste

METHOD:
Peel and cube banana and potato. Cube brinjal. Cut drumstick into three inch long pieces. Roast daal on a dry 'tava' till it changes colour and gives out an aroma. Wash and boil it in water. Put salt and after a few minutes, put potato, brinjal and banana. Add drumstick when daal is almost cooked. Remove when done. Temper with mustard. Dry roast cumin and chillies, pound them and sprinkle over 'daalma'.

Manja (Banana Stem) Daalma

Serves: 6

6" manja
3 potatoes
1 tbs cumin
½ tsp turmeric
2 glasses water
2 red chillies
500 gms green/raw papaya
1 cup moong daal
1 tbs oil
salt to taste
1 tomato

METHOD:
Chop manja, add some salt and keep aside. Peel and dice papaya and potato. Soak daal for ½ hour. Cook daal, potato and papaya with salt, turmeric and water till done. Heat oil and put ¼ tsp cumin seeds. On crackling, put chopped tomato and fry till soft. Add the daal and simmer for five minutes. Dry roast the remaining cumins seeds and chillies, pound and sprinkle over daalma.

Arhar Daalma

Serves: 6

1 cup arhar
1 brinjal
100 gms string beans
1 tbs coriander seeds
6 to 8 pepper corns
1 onion
½ cup coconut (scraped)
½ tsp mustard
2 red chillies
2 potatoes
100 gms ripe pumpkin
2 tomatoes
1 tbs khuskhus
½" ginger
½ tsp turmeric
1 tbs oil
½ tsp cumin seeds

METHOD:

Half cook daal with turmeric, salt, and water. Cut vegetables into one inch cubes. Put in all vegetables except tomato and cook till almost done. Add tomato and ground spices and cook till done. Add coconut and remove. Temper with mustard, cumin seeds and red chillies.

Chana Daalma

Serves: 6

1 cup channa daal
2 medium potatoes
1 onion
1 tomato
½ tsp cumin seeds
½ tsp turmeric
2 tbs oil
½ (small) cabbage
100 gms beans
½ ginger
1 tbs cumin powder
¼ tsp chilli powder
salt to taste
1 glass water

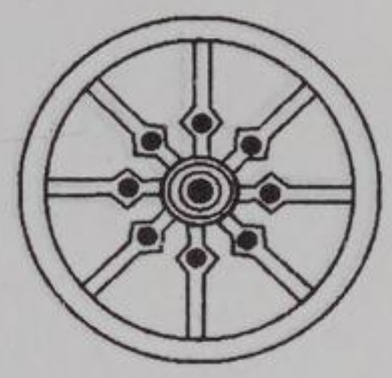
METHOD:

Soak daal for two hours. Shred cabbage, cube potatoes, cut beans into two inch long pieces and chop tomato and onion. Pound ginger. Cook together daal, potato, cabbage, beans, cumin powder, chilli powder, turmeric salt and water till done. Heat oil and put cumin seeds. On crackling add ginger and fry for half a minute. Add onion and lightly fry till brown. Put tomato and fry for two to three minutes. Put daalma and simmer for four to five minutes.Remove.

Moong Daal with Drumstick Leaves

Serves: 4

½ cup moong daal
salt to taste
1 tbs ghee
4-5 cloves (crushed) garlic
1 green chilli
2 cups drumstick leaves
1 glass water
½ tsp mustard
1 medium onion
2 tbs coconut (scraped)



METHOD:

Dry roast daal till golden and aromatic. Cook in water till half done. Add the leaves, and salt and cook till soft (be careful not to overcook daal and make it soggy). Heat ghee and put the mustard. On crackling ,add garlic and chilli and fry for a minute. Add onion and fry till translucent. Pour in the daalma and simmer for four to five minutes. Sprinkle coconut before removing (raw daal can also be used).

Moong Lauki Daalma

Serves: 5

½ cup moong daal
salt to taste
½ medium tomato
½ tsp cumin powder
½ tsp sugar
500 gms lauki
1 cup water
1½ tsp cumin seeds
½ tsp chilli powder
1tbs ghee

METHOD:

Peel and dice lauki. Cook daal with salt and water till half done. Add lauki, cumin powder & chilli powder. Add chopped tomato five minutes before removing. Simmer till done. Temper with cumin seeds and ghee.

Moong Papaya

Serves: 5

½ cup moong daal
3" x 3" coconut
1 cup water
½ tsp mustard
½ raw green papaya
salt to taste
2 green chillies
1 tbs ghee

METHOD:
Wash daal, dice papaya and grind coconut. Cook daal and vegetable with salt and water till done. Add ground coconut and simmer for two to three minutes. Temper with mustard and split green chillies.

Whole Moong Daalma

Serves: 5

250 gms moong with skin
2 ou leaves (tomato is a reasonably good substitute)
½ tsp ginger
½ tsp cumin seeds
2 glasses water
5 arvi
2 raw/green bananas
1 tbs ghee
4 red chillies
salt to taste

METHOD:
Peel and dice banana and arvi. Cook moong with banana, arvi, salt and water till almost done. Add tomato and ginger and cook till soft. Heat ghee and put cumin seeds and red chillies. On crackling, pour in the daal. Cover and simmer for two or three minutes. Remove.

6

Vegetables

COOKING IT THE HEALTHY WAY

People who eat a lot of green vegetables have a lower risk of affliction by many serious ailments especially cancer

Mushroom Mustard

Serves: 4

200 gms mushroom
1 onion
5 cloves garlic
½ tsp turmeric
salt to taste
1 small tomato
2 tsp mustard
2 green chillies
1 tbs mustard oil
2 tbs water

METHOD:
Wash and dice mushroom and tomato. Chop onion. Grind mustard and garlic. Split chilies. Mix all ingredients, cover and cook till done. Uncover and cook till it is dry.

Mushroom Bhaja

Serves: 4

200 gms mushroom
8 cloves garlic
½ tsp turmeric
2 cloves
1 tbs oil
1 onion
½ tsp coriander powder
2 green chillies
salt to taste

METHOD:
Wash and slice mushroom into thick pieces. Grate onion and garlic. Grind cloves and split chillies. Add salt to the mushroom cover and put it on low flame till it leaves enough water to be cooked in it. Cover and cook till done and fry. Keep aside. Heat oil, put onion and garlic and fry till translucent. Add chilies and immediately later add the mushroom turmeric and coriander. Fry for three or four minutes. Add cloves and remove.

Santula

Serves: 4

2 potatoes
4" bottle gourd
2 green chillies
1 tsp oil
4" pumpkin (half ripe)
13-14 cloves garlic
¾ tsp mustard
salt to taste

METHOD:
Peel and cube vegetables into half inch cube. Wash and put to cook with salt. Cover and simmer till it leaves enough water. Pressure cook till done. Remove. Pound garlic and chillies fine. Heat oil and put mustard. On crackling add garlic & chili. When garlic starts changing color, pour in the vegetables and cook for 3-4 minutes. Remove.

Pani Santula (Pani Sabzi)

Serves: 4

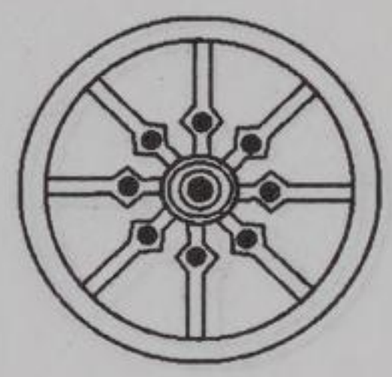
1 potato
1 small arvi
3" piece pumpkin (half ripe)
¼ tsp mustard
4-5 cloves garlic
salt to taste
1 medium brinjal
1 drumstick
4 badi
1 red chilli
1 tbs oil
1½ cup water

METHOD:
Fry badis in one tsp oil and keep aside. Peel and cut vegetables into long and thick pieces. Boil potato till half done. Add all other vegetables and salt and cook till done. Add badis and remove after three to four minutes. Heat oil and put mustard, garlic and chillies. On crackling, pour in 'Santula' and simmer for two to three minutes.
Note: If lady's finger is used instead of arvi, it should be put just five minutes before the vegetables are cooked.

Santula with Haldi

Serves: 4

2 potatoes
1 medium brinjal
½ tsp 5-spices
a pinch of turmeric
4" unripe pumpkin
½ onion
¼ tsp chilli powder
salt to taste



METHOD:
Peel potatoes. Cut vegetables into three fourth inch cubes. Cut onion into thick slices. Put vegetables except brinjal on low flame with salt and turmeric. Cover till it leaves water. Increase flame, add brinjal and cook till done. Heat oil and put 5-spices. On crackling add onion and fry till translucent. Pour in vegetables, add chilli powder and cook for four to five minutes. Remove.

Potato Parwal Santula

Serves: 2

3 parwal
½ onion
½ tsp kalaunji
A pinch of turmeric
salt to taste
1 potato
1½ tsp oil
1 green chilli
½ tsp ghee
1 cup water

METHOD:
Peel potato, scrape parwal and cut both into long one fourth inch thick strips. Halve and slice onion. Heat oil and add half the kalaunji. On crackling add split chillies. A few seconds later fry onion till translucent. Add vegetables and turmeric and fry for three to four minutes. Add water and salt and cook till done. Remove. Heat ghee and add the remaining kalaunji till they crackle. Add to Santula.

Bhindi Mustard

Serves: 2–3

6 lady's fingers
4 cloves garlic
½ tsp cumin seeds
1 tomato
½ cup water
2 tsp mustard
1 tbs oil
¼ tsp chilli powder
salt to taste

METHOD:
Wash and cut lady's fingers into three inch pieces. Grind mustard and garlic. Heat half the oil and put cumin seeds. On crackling add lady's fingers and fry till it changes colour. Remove and keep aside. Heat the remaining oil and put tomato, salt and chilli. Fry till soft. Add spices and water and boil for two to three minutes. Add lady's fingers and simmer till done.

Bhindi Mustard Fry

Serves: 2–3

6 lady's fingers
4 cloves garlic
¼ tsp turmeric
salt to taste
2 tsp mustard
1 green chilli
1 tbs oil

METHOD:
Wash lady's fingers, remove the ends and split half way. Grind mustard, garlic and chili. Stuff the ground spices into the bhindi and shallow fry.

Sem Mustard

Serves: 3–4

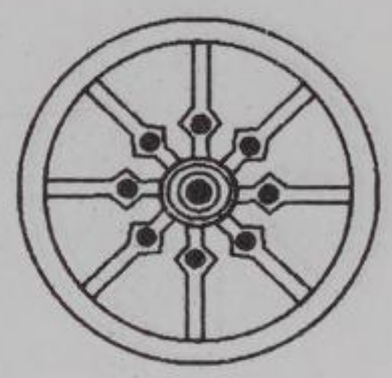
10-12 flat beans
4-5 cloves garlic
¼ tsp 5-spices
salt to taste
2 tsp mustard
1 green chilli
1 tsp oil
½ cup water

METHOD:
Cut and wash sem. Grind mustard and garlic. Split chilli. Cook sem with salt and water till done and dry. Heat oil. Put 5-spices and chilli. On crackling add vegetable and ground spices and simmer for five minutes.

Drumstick Mustard

Serves: 4

2 potatoes
1 tbs mustard
¼ tsp chili powder
1 tbs oil
4 drumsticks
½ tbs cumin
½ tsp turmeric
1 cup water



METHOD:
Peel and slice potatoes. Cut drumstick into three inch long pieces. Grind mustard and cumin. Boil potato with water and all the spices. When half done put drumstick. Cover and cook till done and dry. Heat oil and fry vegetables for two to three minutes.

Cabbage Mustard

Serves: 4

½ cabbage
7-8 cloves garlic
½ onion
1/6 tsp turmeric
salt to taste
2 tsp mustard
1 tomato
2 green chillies
1 tbs mustard oil

METHOD:
Shred and wash cabbage. Grind mustard and garlic. Chop tomato. Slice onion. Mix all ingredients, cover and cook on slow fire till done.

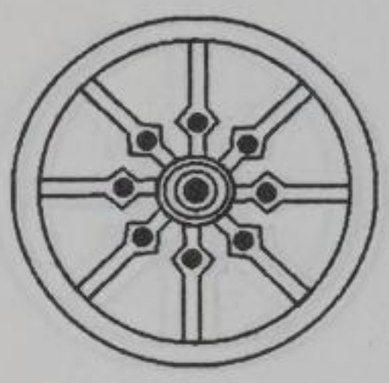
Ridge Gourd Mustard

Serves: 3

5 ridge gourd
2 tsp mustard
1 green chilli
1 tbs oil
salt to taste
1 onion
4-5 cloves garlic
4 badi
¼ tsp 5-spices

METHOD:
Peel, cut gourd to small pieces wash and keep aside. Chop onion, Grind mustard, garlic and chilli. Fry badis in one and a half tsp oil and keep aside. Heat the remaining oil and put 5-spices. On crackling add onion and fry till brown. Put vegetable, salt and

badis, cover and cook till done. Add ground spices, mix well and stir-fry for a minute or so. Remove.



Cauli Leaves Mustard

Serves: 4

2 soft inner leaves of cauliflower
1 medium brinjal
3" pumpkin
1 tomato
7-8 cloves garlic
½ tbs cumin powder
½ tsp turmeric
2 red chillies
salt to taste
1 potato
3 small arvi
1 ridge gourd
1 onion
1 tbs mustard
¼ tsp chili powder
½ tsp 5-spices
2 tbs oil
coriander leaves to garnish

METHOD:

Peel and cut vegetables into small pieces. Cut tomato and keep aside. Chop onion and crush garlic. Grind mustard. Heat oil and put 5-spices and red chillies. On crackling add onion and fry till translucent. Add garlic and fry till it starts changing colour. Put vegetables, salt and turmeric. Mix well, cover and cook on slow fire. After five minutes put in tomato and spices and cook till done and dry. Sprinkle chopped coriander and remove.

Bottle Gourd Mustard

Serves: 4

500 gms lauki
4-5 cloves garlic
1 tsp oil
salt to taste
1 tsp mustard
1 green chilli
¼ tsp 5-spices

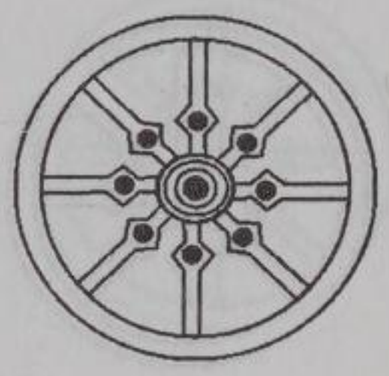
METHOD:

Peel, dice and wash lauki. Grind mustard, garlic and chili. Heat oil and put 5-spices. On crackling add vegetable and salt and fry for a minute. Cover and cook till done. Add spices, stir for a minute and remove.

Mixed Vegetables Mustard

Serves: 4

1 potato
2 drumsticks
1 tbs mustard
2 tsp cumin powder
4 badi
¼ tsp chilli powder
1 red chilli
1½ cups water
1 medium brinjal
1 tomato
2-3 cloves garlic
1 small piece onion
¼ tsp turmeric
½ tsp 5-spices
1 tbs oil
coriander leaves for garnishing



METHOD:
Peel and cut vegetables into big pieces. Grind mustard garlic and onion and mix with water and cumin powder. Fry badis in one tsp oil and keep aside. Heat the remaining oil and put 5-spices, when they start crackling add the red chilli. A few seconds later pour in strained spice water. Add the potato and cook till half done. Then add rest of the vegetables and cook till almost done. Put the badis and simmer for five to seven minutes. Sprinkle coriander leaves before removing.

Mix Vegetables Dry Curry

Serves: 4

1 green/raw banana
½ brinjal
1 drumstick
1 bay leaf
½ tsp coriander powder
¼ tsp chilli powder
½ cup water
1 potato
2" x 4" pumpkin (half ripe)
1 medium onion
1 tbs oil
¼ tsp turmeric
salt to taste

METHOD:
Peel and cut vegetables into one inch chunks. Cut drumstick into three inch pieces. Halve and cut onion into thick slices. Heat oil and put bay leaf and onion and fry till translucent. Add vegetables except drumstick. Add turmeric and fry for a minute or two. Pour in water Add salt, coriander and chilli powder. Cook till half done. Add drumstick and cook till soft.

Mahoora

Serves: 4

2 potatoes
3" x 4" pumpkin
2" yam
1 tbs aniseed
½ tsp peppercorns
1tsp mustard
1 tbs ghee
2 green/raw bananas
1 medium brinjal
2" arvi
1 tbs khuskhus
½ coconut
2 red chillies
salt to taste

METHOD:
Peel and cube vegetables into one inch size. Grind aniseed, khuskhus and pepper. Grate coconut. In a pot put two layers of vegetables with the ground spices and coconut in between. Sprinkle salt and cook till done. Mix well and temper with mustard and chillies in ghee.

Ghanta (Mixed Vegetable Curry)

Serves: 6

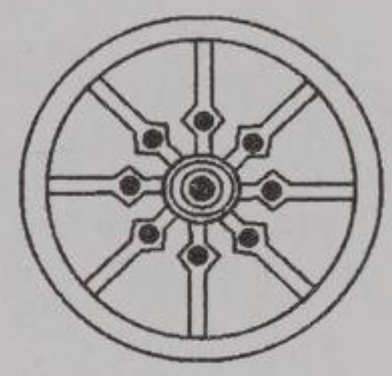
100 gms potatoes
500 gms petha
½ brinjal
100 gms string beans
100 gms yam
1 sweet potato
1 tbs whole red gram
1 tbs whole dry peas (white)
2 tsp cumin seeds
1 tsp 5-spices
½ tsp sugar
salt to taste
500 gms pumpkin
1 green banana
½ green papaya
4 ridge gourd
1 radish
1 coconut
1 tbs whole green gram
½ tsp turmeric
1" ginger
1 tsp red chilli
2 tbs oil

METHOD:
Soak grams overnight. Peel, cube, wash and drain vegetables. Scrape half the coconut and cut the other half into small pieces. Dry roast cumin seeds and two chilies till dark brown and powder. Fry the soaked grams and cut coconut in one tbs oil till coconut starts changing color. Remove and keep aside. Pound ginger. Heat the remaining oil. Put 5-spices and chillies. On crackling, fry ginger for a few seconds. Add vegetables, turmeric and salt. Cover and cook till almost done. Add fried grams, mix well and cover. After five minutes add scraped coconut and sugar and stir fry for two to three minutes sprinkle the roasted spices on top and remove.

Ridge Gourd Khuskhus

Serves: 4

500 gms gourd
1 onion
1 tsp cumin powder
¼ tbs turmeric
salt to taste
1 potato
1 tbs khuskhus
¼ tsp chilli powder
1 tbs oil



METHOD:
Peel and cut vegetables into small pieces. Chop onion. Grind khuskhus. Heat oil and fry onion till translucent. Add vegetables, salt and turmeric, mix well. Cover and cook till half done. Add spices and simmer till cooked.

Lauki Mix

Serves: 4

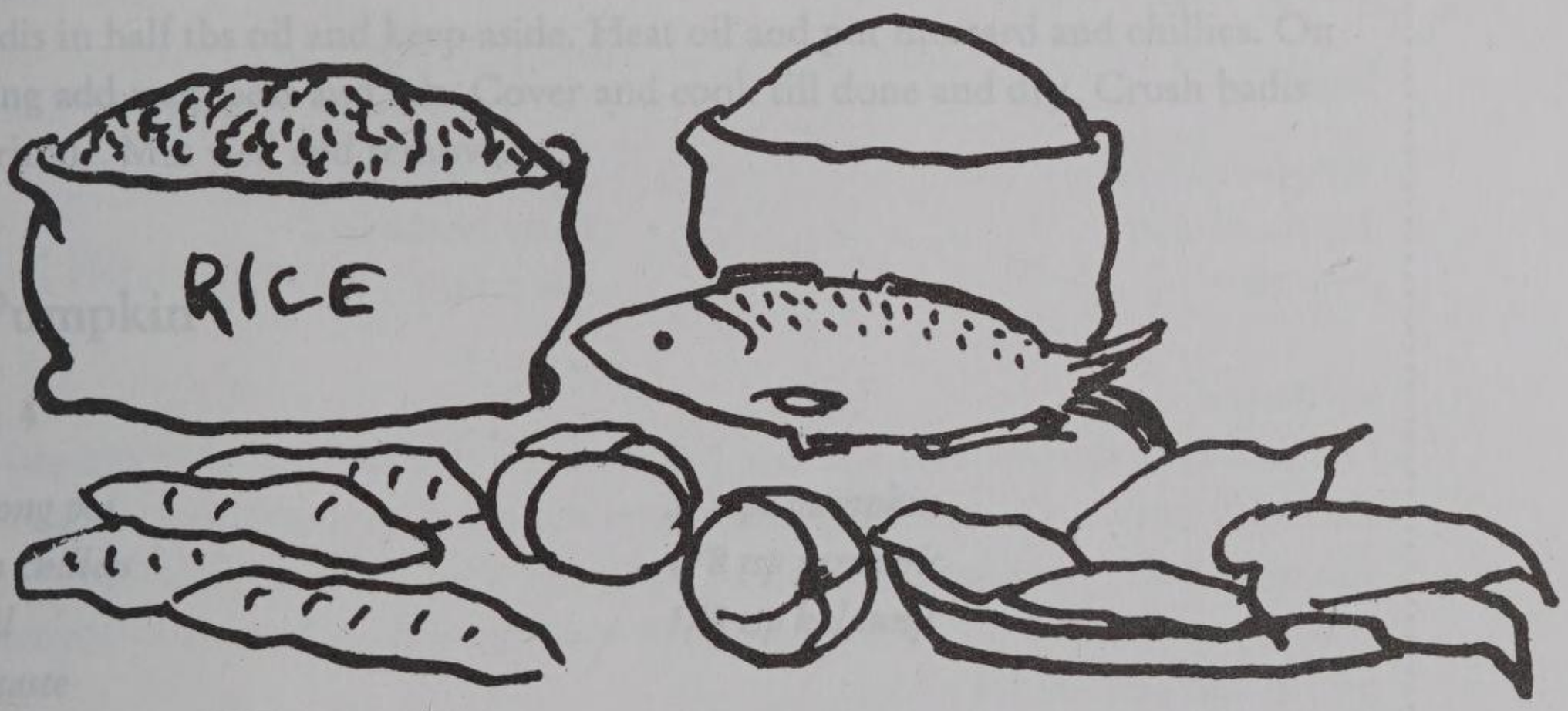
500 gms bottle gourd
1 radish
5 badi
2 red chillies
3 tbs oil
salt to taste
100 gms arvi
2 tomatoes
2 tsp cumin seeds
½ tsp turmeric
1 tsp 5-spices

METHOD:
Peel and cube vegetables. Chop tomatoes. Fry badis in one tbs of oil and keep aside. Dry roast cumin and chillies and powder. Heat oil and put 5-spices. On crackling add vegetables, turmeric and salt; cover and cook till almost done. Add tomatoes and badis and stir-fry for four to five minutes till the badis are soft. Sprinkle powdered spices and remove.

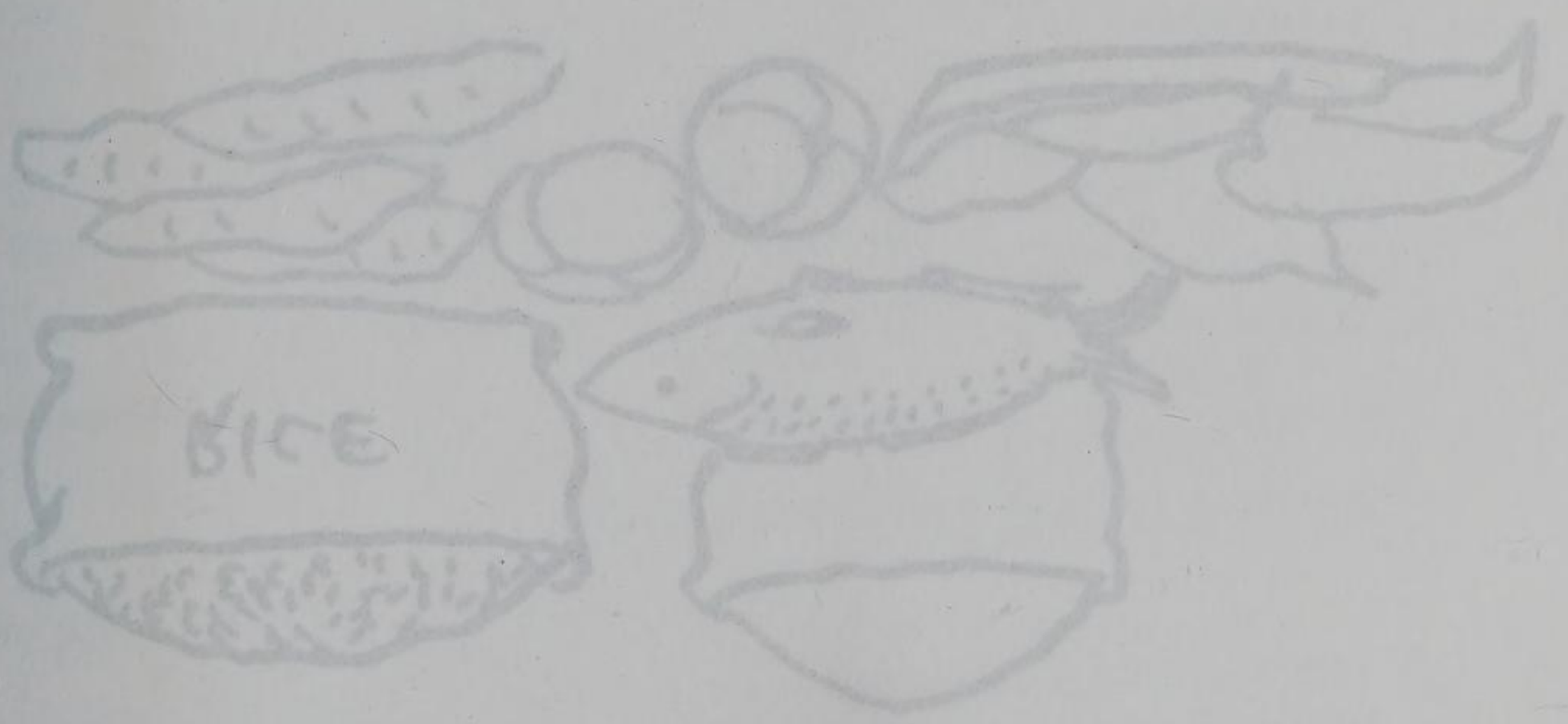
7

Accompaniments

ADDING TASTE TO THE ALREADY HEALTHY MEAL



A meal with a wide variety of dishes stimulates the brain's interest in the food leading to better digestion



Saag With Peas

Serves: 4

500 gms chaulai (or any other saag)
3 badi
½ tsp mustard
3-4 cloves garlic
1½ tbs oil
3 tbs shelled peas
2 tbs scraped coconut
2 green chillies
½ onion
salt to taste

METHOD:
Fry badis in half tbs oil and keep aside. Heat oil and put mustard and chillies. On crackling add saag, peas and salt. Cover and cook till done and dry. Crush badis and sprinkle. Mix well and remove.

Poi Pumpkin

Serves: 4

2 feet long poi
2 green chillies
2 tsp oil
salt to taste
3" ripe pumpkin
1/8 tsp turmeric
1/8 tsp kalaunji

METHOD:
Cut poi leaves into four strips and the stem into three inch long pieces. Dice pumpkin. Cook vegetables with turmeric, chillies and salt till done. Temper with kalaunji.

Saag Bhaji

Serves: 4

500 gms any saag
5-6 cloves garlic
salt to taste
½ tsp mustard
2 red chillies
2 tsp oil

METHOD:
Cut saag into long pieces. Chop garlic. Heat oil. Put mustard. On crackling add garlic and chilli. As garlic gives out aroma, put saag and salt. Cover and cook on slow fire till it leaves plenty of water. Uncover and let it cook in its own water till done and almost dry. Remove.

Saag Vegetables

Serves: 4

500 gms chaulai
2 green chillies
2 tsp ghee
1 green raw banana
½ tsp cumin seed
salt to taste

METHOD:
Cut and wash chaulai. Peel and dice banana. Split chillies. Heat ghee and put cumin seeds and chillies. On crackling add banana and salt. Cover and cook on slow fire, stirring it every now and then till half done. Add saag and mix well. Cover and cook it on slow fire till done. (More than one vegetable such as brinjal, pumpkin, potato and peas can be added).

Coconut Tikki

Serves: 4

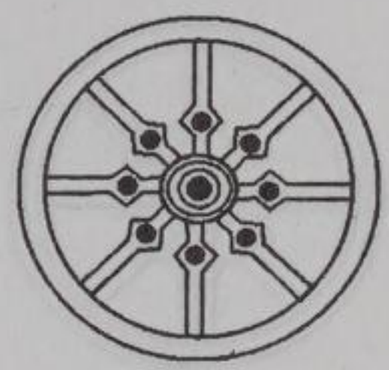
1 cup coconut
1½ tsp cumin powder
1 green chilli
oil for greasing
½" ginger
1 onion
1 small bunch coriander leaves
salt to taste

METHOD:
Grind together coconut, and ginger. Chop onion, chillies and coriander leaves. Mix all the ingredients, make tikkis and fry on greased frying pan or tava.

Banana Flower Tikki

Serves: 8

1 banana flower
1 onion
½" ginger
¼ tsp turmeric powder
salt to taste
2 potatoes
1 green chilli
6-7 cloves garlic
oil for frying



METHOD:

Boil and mash potatoes. Boil banana flower and drain. Chop onion, ginger, garlic and chillies. Mix potato and the flower. Add salt. Heat 2 tsp oil and fry the chopped spices till translucent. Add turmeric and a few seconds later potato mixture and fry for two to three minutes. Remove, cool, make *tikkis*, and brown on greased tava.

Note: the mixture can be stuffed into boiled bitter gourd after removing the seeds and then fried like the next recipe.

Stuffed Bittergourd

Serves: 4

4 bittergourds
2 tbs khuskhus
4-5 cloves garlic
¼ tsp turmeric
4 cashew
2 tbs oil
1 onion
½" ginger
½ green chilli
1 tbs raisins
¼ tsp kalaunji
salt to taste

METHOD:

Scrape and wash bitter gourd. Sprinkle salt and keep aside. Slice onion. Grind khuskhus. Grind ginger garlic and green chilli. In one tsp oil fry chopped cashew. Drain and keep aside.

Heat one tbs oil and brown the onion. Add ginger garlic paste and turmeric and fry till oil floats. Add khuskhus, raisins and salt and fry well.

Remove and mix with cashew. Cook bitter gourd in a little water till soft. Cool and remove the seeds. Stuff khuskhus mixture into the bitter gourd. Heat the remaining oil in a frying pan and place the bitter gourd carefully. Brown on all sides and remove. Temper with kalaunji in a tsp of ghee.

Pumpkin Flower Bhaja

Serves: 2

4 pumpkin flowers
1 tbs rice powder
salt to taste
4 tbs water
1½ tbs gram flour
¼ tsp chilli powder
oil for shallow frying

METHOD:
Make a batter with the flours, spices and water. Dip flowers and shallow fry.
Note: Alternate batter – soak two tbs of rice for two to three hours. Grind it with one tsp cumin seeds. Add salt and chilli powder. The consistency should be more like a paste.

Jackfruit Fry

Serves: 4

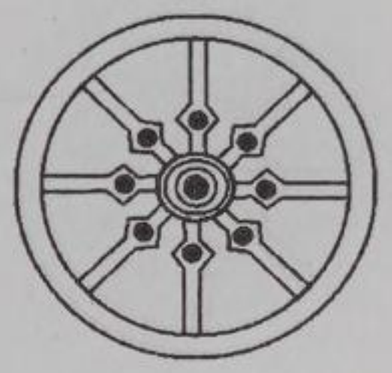
500 gms jackfruit
salt to taste
1 tsp cumin seeds
¼ tsp turmeric
2 tbs rice
¼ tsp chilli powder

METHOD:
Cut jackfruit into ½" thick wedges and cook with water turmeric and salt. Drain and mix with the batter and shallow fry.
For the batter: soak two tbs rice for two to three hours. Grind with one tsp cumin seeds. Add salt and chilli powder. The consistency should be like a paste.

Vegetable Fry

Serves: 4

1 onion
1 potato
½ brinjal
salt to taste
½ tsp mustard
1 cup water
1 green/raw banana
2 drumsticks
¼ tsp turmeric
1 tbs oil
2 chillies



METHOD:
Peel and slice banana, potato and onion. Cut drumstick and brinjal into three inch long pieces. Bring water with turmeric and salt to boil. Add vegetables except onion. Remove when done and dry. Heat oil add mustard and chillies. On crackling add onion and fry till half done. Place vegetables carefully and lower fire. Turn when one side is done and fry the other side.

String Beans Bhaja

Serves: 4

250 gms string beans
½ tsp cumin seeds
1 tsp coriander powder
salt to taste
1 onion
1 tsp cumin powder
¼ tsp turmeric
2 tsp oil

METHOD:
Cut string beans into two inch long pieces. Halve and slice onion. Dry roast cumin and coriander and keep aside. Heat oil and put cumin seeds. On crackling add onion and fry till it starts changing colour. Add vegetable, turmeric and salt. Sprinkle some water, cover and cook till done. Put powder spices and stir-fry for another four to five minutes.

Banana Stem Raita

Serves: 4

6" stem
1" ginger
1 tsp mustard
2-3 curry leaves
salt to taste
1 cup curd
3-4 green chillies
½ tsp ghee
½ tsp sugar

METHOD:

Chop stem and grind half tsp mustard. Heat ghee put mustard seeds and curry leaves. On crackling add stem. Cover and cook till done and dry. Remove and cool. Mix with all the ingredients.

Mango Chutney

Serves: 4

2 green mango (4" long)
2 red chillies
4 tbs sugar
½ tsp 5-spices
1 tsp oil
1 cup water
1 tsp cumin seeds
½ tsp fenugreek seeds
½ tsp turmeric
6-7 curry leaves
1 tsp salt

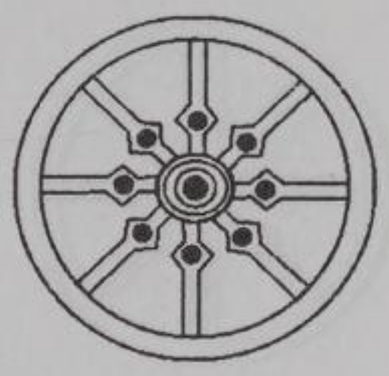
METHOD:

Cut mangoes into small pieces. Dry roast cumin seeds and chillies and powder them. Pound fenugreek seeds. Heat oil. Put 5-spices and curry leaves. On crackling add mango and turmeric and fry for two to three minutes. Add salt and fenugreek and fry for a minute more. Pour water and cook till done. Add sugar and cook till it dissolves. Mix well, sprinkle cumin powder and remove.

Date Chutney

Serves: 4

6 dates
½" ginger
2 tbs sugar
½ tsp 5-spices
2 tsp oil
4 tomatoes
2 green chillies
¼ tsp turmeric
6-7 curry leaves
½ tsp water



METHOD:

Wash and deseed the dates. Wash and quarter tomatoes. Chop ginger and chillies. Heat oil, put 5-spices and curry leaves. On crackling add tomatoes, dates, turmeric and salt. Fry till tomatoes are soft. Pour water and let it cook for two to three minutes. Add ginger, chillies and sugar. Cover and simmer for five to six minutes. Mix well and remove.

Tomato Badi Khatta

Serves:

4 tomatoes
1½ tsp mustard
½" ginger
1 red chilli
¼ tsp turmeric
1 tbs oil
4 badis
6 cloves garlic
½ onion
¼ tsp chilli powder
1 cup water
salt to taste

METHOD:

Wash and quarter tomatoes. Grind one tsp mustard and garlic. Chop ginger and onion. Fry badis in one tsp of oil and keep aside. Heat the remaining oil. Put the mustard seeds and red chilli. On crackling add onion and ginger and fry till translucent. Put tomatoes, turmeric and salt and cook till tomatoes turn soft. Add water, mustard paste and chilli powder and cook till almost done. Add badis and simmer till they are soft. Remove.

Sakara

Serves: 4

3" x 3" white pumpkin (petha)
1 green/raw banana
1 tsp cumin seeds
1 bay leaf
¼ tsp turmeric
2 tbs jaggery
½ tsp salt
1 sweet potato
1" ginger
2 red chillies
½ tsp 5-spices
1 small ball tamarind
1 tbs oil
1 glass water

METHOD:
Peel and cut vegetables into threefourth inch cubes. Cook them in water with turmeric, chopped ginger and salt. Dry roast cumin seeds and chillies and powder them. Soak tamarind in a little water for an hour and squeeze out the bull. Heat oil and put 5-spices and bay leaf. Pour in the cooked vegetables. Add tamarind pulp and jaggery and simmer for four to five minutes. Remove and sprinkle the powdered spices.

Dahi Baigan

Serves: 4

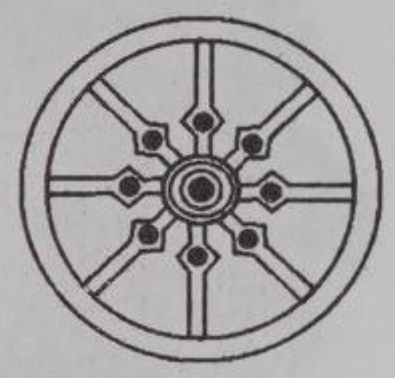
1 brinjal (6" long)
2 tsp cumin seeds
½ tsp mustard
¼ tsp turmeric
1½ tbs oil
1 cup curd
2 red chillies
8-10 curry leaves
salt to taste
½ cup water

METHOD:
Dry roast cumin seeds and chillies, powder them and keep aside. Cut brinjal lengthwise into thin strips, apply turmeric and salt and shallow fry in one tbs oil. Mix curd, water and salt well. Mix fried brinjal, curd and powdered spices. Temper with mustard and curry leaves.

Mushroom Chutney

Serves: 4

200 gms mushrooms
1 onion
2 tsp mustard
2 green chillies
½ tsp turmeric
salt to taste
1 potato
2 pieces dry mango
4 cloves garlic
1 tbs oil
½ cup water



METHOD:
Dice mushroom and potato, wash, drain and keep aside. Chop onion. Grind mustard, garlic and one chilli together, split the other chili. Heat oil and brown onion. Add turmeric, chilli and the ground spices. Fry for half a minute. Put mushrooms and potatoes and fry on slow fire for five minutes. Add salt, water, mango and simmer till done.

Karamanga Mustard

Serves: 4

2 karamanga
4 cloves garlic
¼ tsp 5-spices
2 tbs sugar
1 cup water
1 tsp mustard
1 green chilli
a pinch turmeric
½ tsp oil
salt to taste

METHOD:
Wash and cut karamanga into small pieces. Grind mustard garlic and chilli. Heat oil and put 5-spices. On crackling, put karmanga, salt and turmeric and fry for two to three minutes. Pour in water and cook till done. Add sugar. When it dissolves add the ground spices and stir for a minute. Remove.

Palua Burfi

Kakara and Palua Kheer

Pakhal and Saag Bhaji

Enduri Pitha

Podapitha

1. Arisha 2. Fried Manda 3. Thick Chakuli

Dahi Baigan

1. Date Chutney 2. Arhar Daalma 3. Meat Jhol with Tomato

Pumpkin Flower Bhaja

Suji Manda

Pani Santula

Jack Fruit Fry

Chakuli

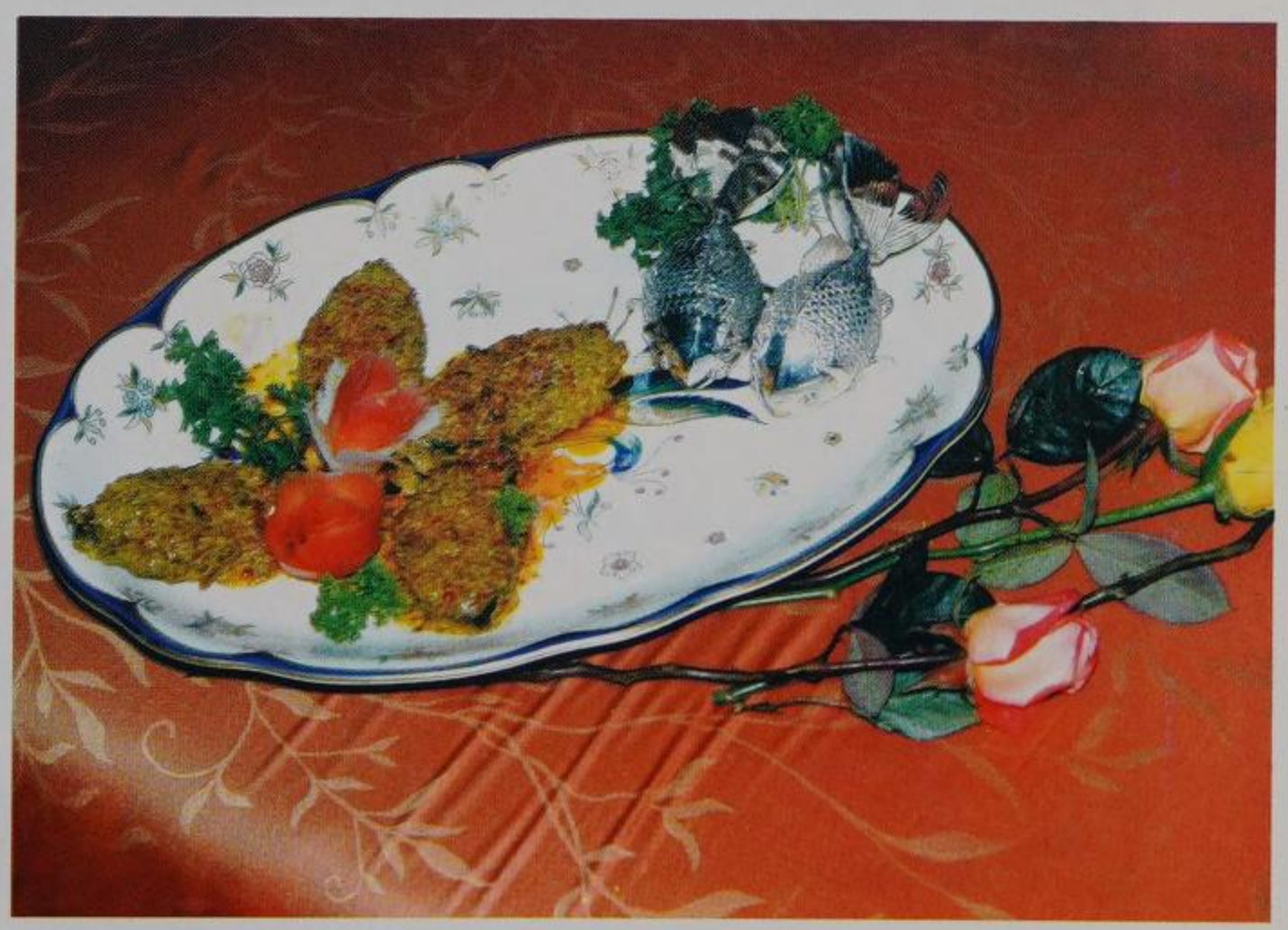
Sakara

Rice Manda and its stuffing

1. Mustard Fish (with raw fish)
2. Curd Fish
3. Chechda

Curd Fish with Masala Fry

Crab Curry



Hilsa Mustard

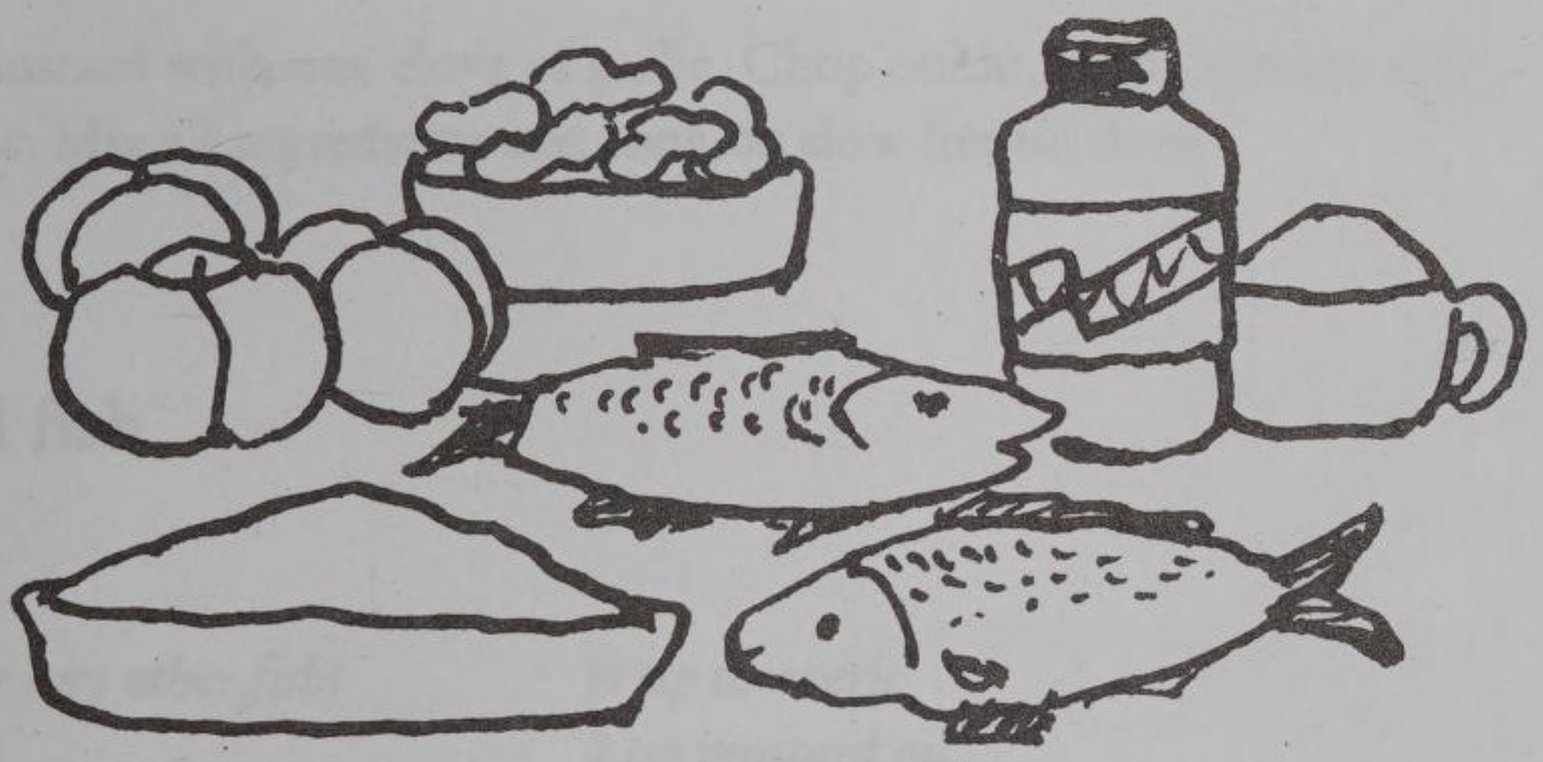
Chana Rice and Carrot Rice

1. Mix Vegetable Mustard 2. Chana Daalma 3. Bhindi Mustard

8

Fish

THE BEST NON-VEGETARIAN OPTION



Life began in the sea, which means everything of the sea, incluing fish, is conducive to life

Mustard Fish (with raw fish)

Serves: 4

4 pieces rohu fish
6 cloves garlic
1 green chilli
salt to taste
1/8 tsp turmeric
1 tsp mustard
½ onion
1 tomato
2 tbs water
2 tsp mustard oil

METHOD:
Wash fish, grind mustard with one clove of garlic. Chop onion, chilli, tomato and the remaining garlic. Mix all ingredients and cook on slow fire till done.

Mustard Fried fish

Serves: 4

4 pieces rohu fish (or any other fish)
salt to taste
4 tsp mustard
½ onion
1 glass water
½ tsp turmeric
2 tsp mustard oil
4 cloves garlic
3 split green chillies

METHOD:
Wash fish, apply turmeric and salt and shallow fry lightly with two tsp oil and keep aside. Grind mustard and garlic, mix it with water and strain. Slice onion. Heat the oil saving two tsp of it for later use. Fry onion till translucent. Pour in the mustard water and let it boil for a while till the gravy is thick. Put fish pieces and the chillies and simmer for five minutes. Sprinkle raw mustard oil before removing.

Fish Rice Haldipaani

Serves: 4

4 pieces fresh rohu
½ onion
2 green chillies
1 tsp oil
salt to taste
water from pakhal (see rice section)
2 tsp turmeric
6-7 cloves garlic
1 red chilli
¼ tsp mustard
1 small bunch coriander leaves

METHOD:
Wash fish and apply one tsp turmeric. Chop onion, crush garlic and split green chillies. Heat oil, add mustard on crackling put onion and garlic and fry till translucent. Pour the water. When it boils add salt rest of the turmeric and green chillies. When the onion is cooked and gravy thickens, put fish and simmer till done. Add whole coriander leaves two minutes before removing.

Curd Fish

Serves: 6

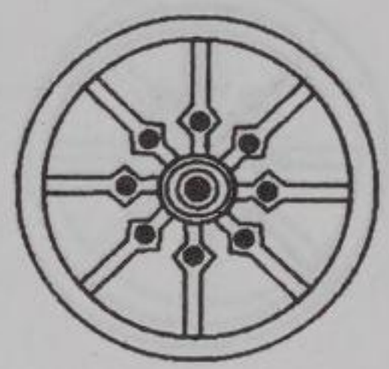
6 pieces rohu (underbelly part)
1 onion
½ ginger
1/8 tsp turmeric
½ tsp sugar
¼ cup water
1 cup curd
2 green chillies
6 cloves garlic
1 tsp mustard oil
salt to taste

METHOD:
Wash fish.Chop onion and green chillies. Grind ginger and garlic. Mix every thing and cook on slow fire till done.

Curd Fish Elaichi

Serves: 6

6 pieces rohu (underbelly)
1 tsp ginger
1tsp bayleaf
¼ cup water
½ tsp sugar
1 cup curd
1 tsp ghee
2 tsp green cardamom
½ tsp salt



METHOD:
Wash fish and marinate in curd with ginger paste for an hour or two. Heat ghee and put bayleaf and split cardamom. When aromatic put the fish mixture, water, salt, sugar and simmer till done.

Curd Fish with Masala Fry

Serves: 6

6 pieces rohu (underbelly)
salt to taste
½ ginger
1 tsp mustard oil
½ cup curd
½ tsp turmeric
½ onion
4 cloves garlic
¼ tsp chilli powder
¼ tsp sugar

METHOD:
Wash fish and apply turmeric and salt. Chop onion and grind ginger and garlic. Heat oil and brown onion; add chilli powder and ground spieces. Fry till it leaves sides. Beat curd with salt and sugar and pour into the khadai. Add fish and simmer till done.

Fish Badi

Serves: 4

4 pieces rohu (or any other)
salt to taste
1 big tomato
2½ tsp mustard
½ tsp cumin seed
2 tsp oil
1 glass water
½ tsp turmeric
1 potato
½ onion
6 cloves garlic
6-7 badi
¼ tsp chilli powder

METHOD:

Wash fish and apply salt and turmeric. Boil peel and cut potato into 3/4" wedges. Cut tomato into 8 pieces. Slice Onion. Grind two tsp mustard with garlic and cumin. Heat one tsp oil and shallow fry the fish lightly on both sides. Remove. Add one tsp more oil and fry the badis. Heat the remaining oil and put the mustard. On cracking, brown onion. Add ground spices, and chilli power and fry for a minute. Put tomato, salt and fry for another minute. Add potato and fry a little. Pour in the water and bring it to boil for a while. Put in the badis. When they become soft add fish pieces and simmer for two to three minutes. Remove.

Fish Methi

Serves: 6

6 pieces rohu (or any other)
salt to taste
1 onion
2 tbs oil
1 tsp turmeric
1 bunch methi leaves
2 tomatoes
¼ tsp chilli powder

METHOD:

Wash fish and apply salt and turmeric. Wash and cut methi into long pieces. Halve and slice onion. Cut tomato into eight pieces. Shallow fry fish with one tbs oil. Heat the remaining oil and brown onion. Add tomato, salt, chilli powder and turmeric. Fry till tomato is soft.

Put methi, cover and simmer till it leaves water. Uncover and cook till almost done. Add fish and fry it dry.

Jhara Besara

Serves: 8

500 gms singada or surmai
salt to taste
3 small arvi
3 yam
12 cloves garlic
¼ tsp chilli powder
2 red chillies
½ tsp turmeric
2 potatoes
2 green/raw bananas
3 tsp mustard
2 tbs oil
1 tsp 5-spices (Panch phoran)
1 glass water

METHOD:
Wash fish and apply salt and turmeric. Peel and dice vegetables. Grind mustard and garlic and mix it with the water. Heat one tsp oil and fry the fish stirring the pieces so that they crumble. Remove bones when cool. Heat the remaining oil, put 5-spices and red chillies. On crackling, pour in the mustard water and bring it to boil. Add vegetables, salt and chilli powder and cook till done. Add fish and simmer for 5 minutes. Remove.

Fish Coconut with Vegetables

Serves: 4

4 pieces rohu
½ tsp turmeric
1 tbs coconut (scraped)
1 tsp mustard
1 potato
1 tomato
1 glass water
salt to taste
½ ginger
10 cloves garlic
½ onion
1 small arvi
2 tbs oil
a bunch of green coriander leaves

METHOD:
Wash fish and apply salt and turmeric. Grind ginger with coconut. Grind garlic and mustard separately. Slice the onion. Peel and cut vegetables into long pieces. Heat oil and brown onion. Add ginger coconut paste and fry till lumpy. Add garlic paste and turmeric and fry till aromatic. Put vegetables and mustard paste and fry for four to five minutes. Pour in the water and cook till vegetables are soft. Put the fish and simmer for two to three minutes. Sprinkle coriander leaves before removing.

Fish Jeera Paani

Serves: 8

500 gms fish (any variety)
salt to taste
3 drumsticks
1 tbs cumin seeds
2 red chillies
3 tbs oil
1½ tsp turmeric
250 gms yam
½ onion
3-4 cloves garlic
½ tsp 5-spices
2 cups water

METHOD:
Wash fish pieces and apply one tsp turmeric and some salt. Cut yam and drum stick into medium size pieces. Chop onion. Grind cumin and garlic. Shallow fry fish in one tbs oil and keep aside. Heat the remaining oil and put 5-spices. On crackling put yam and fry for a few minutes. Pour in water and bring it to boil. Add salt, turmeric, ground spices and cook till yam is almost done. Add drumstick. When vegetables are soft add fish and simmer for 5 minutes.

Hilsa Curd

Serves: 8

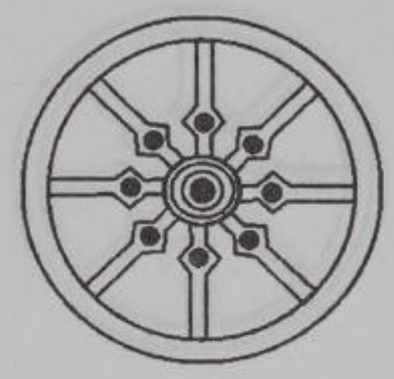
500 gms hilsa pieces
1 tbs mustard
1½ tsp cumin seeds
¼ tsp chilli powder
2 tsp turmeric
2 tbs mustard oil
1 cup water
½ onion
half a pod garlic
¼ cup curd
3 green chillies (split)
½ tsp 5-spices
salt to taste

METHOD:
Apply one and a half tsp turmeric and salt to the fish. Grind onion, mustard, garlic and cumin together, mix with curd and water, strain and keep aside. Heat one tbs oil and put 5-spices. On crackling pour in the spice water. Add salt and boil for five to seven minutes. Add fish, green chillies and simmer till done. Sprinkle the rest of the oil before removing.

Hilsa Mustard – *(sinfully oily but very tasty)*

Serves: 6

6 pieces hilsa
6 cloves garlic
¼ tsp chilli powder
1 glass water
4 tsp mustard
3 tbs oil
½ tsp turmeric
salt to taste



METHOD:

Grind mustard and garlic fine. Heat oil. Add mustard paste and fry. When almost all water evaporates, pour in the water and add salt and boil it till more than half the water evaporates. Put fish and simmer till done and oil floats.

Fish Head with Mixed Vegetables

Serves: 8

1 fish head
salt to taste
1 green/raw banana
3" x 4" pumpkin
½ onion
8-10 cloves garlic
3 tbs oil
½ tsp 5-spices
1½ tsp turmeric
1 potato
1 brinjal
1 stem poi
½" ginger
2 tsp cumin seeds
1 bay leaf
¼ tsp chilli powder

METHOD:

Split the head into half. Apply half the turmeric and some salt all over them. Peel and cut vegetables into one inch cubes. Remove poi leaves from their stem and cut. Cut the stem into two to three inches pieces. Cut onion lengthwise. Grind ginger, garlic and cumin. Heat one tbs oil and fry the fish head till nicely brown. Remove and keep aside. Fry the poi in half tbs oil and keep aside. Heat the remaining oil. Add bayleaf and 5-spices. On crackling, add masala paste and fry for a minute. Add vegetables, turmeric, salt and chilli powder and cover. Stir from time to time till half done. Uncover. Put fish and poi and simmer till cooked

Fish Head with Chana Daal

Serves: 8

100 gms chana daal
1 tsp turmeric
1 onion
4 cloves garlic
100 gms cabbage
2 tbs oil
2 tsp coriander powder
¼ tsp garam masala powder
1 fish head
salt to taste
½" ginger
1 potato
1 medium tomato
2 tsp cumin powder
¼ tsp chilli powder
1 cup water

METHOD:
Wash and soak daal for one hour. Cut fish head into half, wash and apply half tsp turmeric and salt. Slice half the onion. Grind the other half with ginger and garlic. Peel and cube potato, shred cabbage and quarter tomato. Shallow fry fish in one tbs oil. Heat the remaining oil and brown onion. Add all spices except garam masala and fry till lumpy. Add the daal and fry for four to five minutes. Put potato and cabbage and fry for another five minutes. Put tomato and salt and fry till soft. Add fish, crush it with the vegetables. After three to four minutes of frying, pour in the water and cook till done. Sprinkle garam masala before removing.

Hilsa Roe Fry

Serves: 8

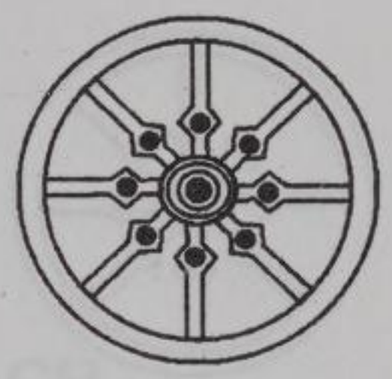
1 whole hilsa roe
1 tbs oil
1 glass water
1 tsp turmeric
salt to taste

METHOD:
Wash the whole roe carefully so that it does not spill. Put it in a kadai with all other ingredients and cook it till the water evaporates. Reduce fire. Cut it to one inch thick pieces with a spatula and fry till brown.

Hilsa Roe Mustard

Serves: 8

2 potatoes
10 cloves garlic
1 tbs mustard
salt to taste
1 tbs cumin powder
¼ tsp chilli powder
1 tomato
½ onion
1 tbs oil
2 cups water
½ tsp turmeric
1 whole hilsa roe



METHOD:
Peel and cube potato. Quarter tomato. Grind mustard, garlic and onion. Heat oil and fry spices for a minute. Put potato and fry for one or two minutes Pour in the water and add salt and bring it to boil. Put on the Roe carefully. When it hardens cut it to pieces. Add tomato, cover and simmer for five minutes. Uncover and fry till dry.

Roe Fry

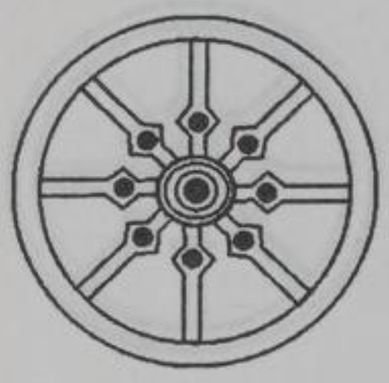
Serves: 8

1 any roe
8-10 cloves garlic
1 small bunch coriander leaves
2 tbs gram flour
1 tbs oil
1 onion
2 green chillies
½ tsp turmeric
salt to taste

METHOD:
Chop onion, garlic, green chilli and coriander leaves. Mix roe with everything else. Heat oil in a fry pan and spread the mixture on it and flatten to ¼" thickness. Lower fire. When the lower side is done, turn it and fry on the other side.

Small Fish Haldi Paani

Serves: 4



250 gms small fish
1 onion
2 green chillies
2 tsp cumin powder
salt to taste
2 tsp turmeric
7 cloves garlic
1 tbs oil
1 cup water

METHOD:

Clean and wash fish, apply 1 tsp turmeric and salt and keep aside. Chop onion, crush garlic and cut chillies lengthwise. Heat oil and fry onion and garlic. Add powder spices and then the water. When the water boils put fish, chillies and salt. Cover and simmer till done.

Small Fish Mustard

Serves: 4

250 gms small fish
salt to taste
8-10 cloves garlic
1 onion
¼ tsp chilli powder
1 tsp turmeric
1 tbs mustard
1 tomato
½ tbs cumin powder
1 tbs mustard oil

METHOD:

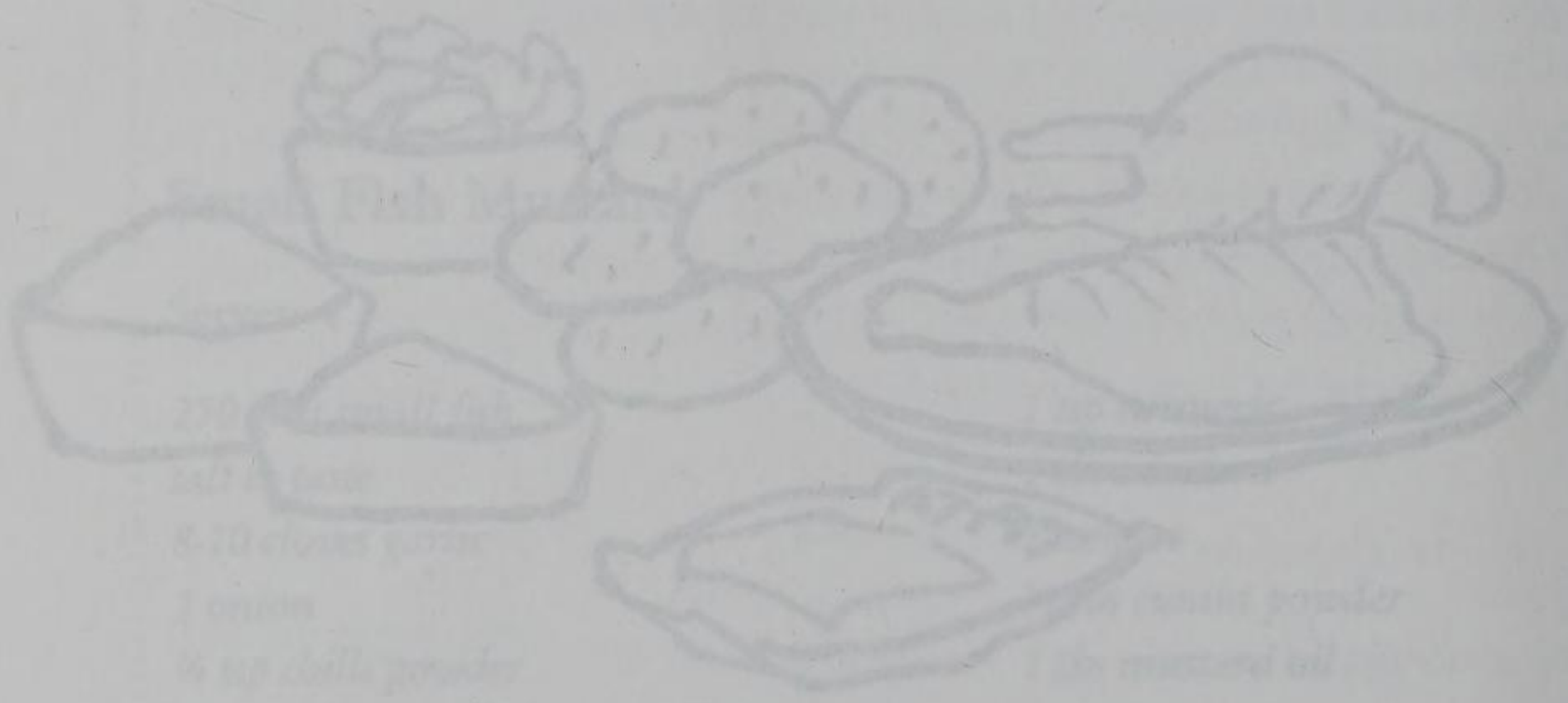
Clean and wash fish. Apply salt and turmeric and keep aside. Grind mustard and garlic. Chop tomato and onion. Mix everything together, tie in a leaf (banana or pumpkin) or in a foil. Cook or bake.

9

Other Non-vegetarian Dishes

MEAT WHICH DOES NOT SIT HEAVY ON THE STOMACH

Goat's meat according to ayurveda, balances all the three humors



Meat Jhol

Serves: 6

500 gms meat
2 potatoes
1 tbs oil
1 tbs cumin powder
¼ tsp chilli powder
1 cup water
1 onion
½" ginger
1 bayleaf
1 tsp turmeric
salt to taste

METHOD:
Chop half of the onion and slice the other half. Peel and quarter potatoes. Grind ginger. Cut meat into small pieces, wash and cook with chopped onion, ginger, potatoes, water and the powdered spices till done. Heat oil, put the bay leaf and sliced onion. When onion is brown pour in the meat and cook for 5-7 minutes.

Meat Jhol with Tomato

Serves: 6

500 gms meat
1 small onion
½" ginger
1 tsp khuskhus
1 stick cinnamon
1 tomato
1 tsp turmeric
1 tsp cumin powder
1 tbs ghee
½ tsp sugar
1 bayleaf
salt to taste

METHOD:
Grind onion, ginger and khuskhus. Grind cinnamon separately. Quarter tomato. Wash meat and cook with all the ingredients except ghee, sugar, cinnamon, and bayleaf. Heat ghee and add sugar. As sugar melts and starts turning red, put the bayleaf. When sugar is fully red and bubbling put tomato and fry till it turns wrinkly-pour it on top of the meat mixture and simmer for 5 minutes. Remove from fire and add the cinnamon.

Meat Mustard

Serves: 5

250 gms keema
1 pod garlic
2 tomatoes
1 tbs cumin powder
1 tsp turmeric
2 tbs mustard oil
2 tbs mustard
2 onions
4 green chillies
½ tsp chilli powder
salt to taste
1 cup water

METHOD:
Grind mustard, garlic and 1 onion. Chop the other onion and tomatoes. Split green chillies. Wash keema, mix with all the ingredients except water and keep aside for one hour. Pour in the water and cook till done and dry.

Meat Chana Daal

Serves: 8

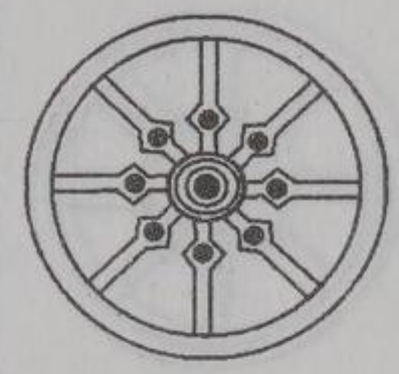
500 gms meat
500 gms daal
1 tsp salt
3 onions
½ tsp cumin seed
2 tsp chilli powder
1½ tsp turmeric
1 pod garlic
6 cups water
4 tbs oil
1 tbs cumin powder
2 bayleaf
250 gms cabbage
3 potatoes
500 gms green/raw papaya
1½" ginger
2 tomatoes

METHOD:
Soak daal for an hour. Wash meat, apply 1 tsp salt to it and keep aside. Chop 2 onions. Shred cabbage and cube potato and papaya. Grind ginger, garlic and 1 onion. Heat oil and put cumin seeds and bay leaves. On crackling, brown chopped onion. Add all spices and fry till lumpy. Put tomato and fry for a minute or two. Put meat and fry. When its water evaporates add daal and vegetables and fry. After 5 minutes pour in the water and cook till done.

Meat with Moong Daal

Serves: 6

250 gms meat
250 gms daal
1" ginger
1 onion
¼ tsp chilli powder
3" piece green/raw papaya
1 glass water
1tbs oil
1 bayleaf
1 tbs cumin powder
½ tsp turmeric
salt to taste



METHOD:
Soak daal for half an hour. Grind ginger and half the onion. Slice the other half. Wash meat and cook it with turmeric, salt and water. Heat oil, put bayleaf and onion and fry till onion is golden. Put spices and fry for a minute. Strain meat pieces and add to the pan and fry for 4-5 minutes. Add the daal and fry for another minute. Pour in the water from the meat and the papaya and cook till daal is soft.

Meat with Vegetables

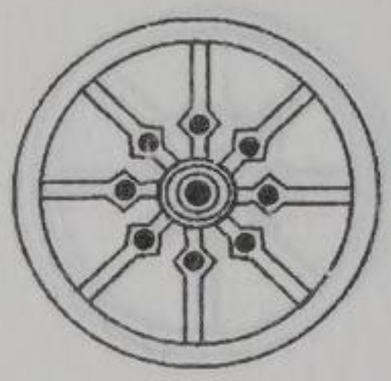
Serves: 6

250 gms meat
1" ginger
1 tsp turmeric powder
salt to taste
1 cup water
2 green bananas
1 potato
3" x 3" yam
1 tbs oil
1 bayleaf
1 tbs cumin powder
1 stick cinnamon

METHOD:
Crush ginger. Wash meat and cook with ginger, turmeric , salt and water. Peel and cube vegetables and add to the meat and cook till done. Heat oil, put bayleaf and add to the curry. Add cumin and cook for 5 minutes. Grind cinnamon with 1 tbs water and add to the meat before removing.

Shrimp Vegetables

Serves: 6



250 gms shrimp
1 tsp turmeric
salt to taste

2 tbs oil
1 tbs mustard
8 cloves garlic
½ onion
1 potato
250 gms pumpkin
250 gms pumpkin stem with leaves (spinach can also be used instead)
1 tsp 5-spices
½ tsp chilli powder
2 tsp cumin powder

METHOD:
Clean and wash shrimps and mix with ½ tsp of turmeric and some salt and fry in 1 tbs oil till pink. Remove. Grind mustard, garlic and onion. Peel and cube vegetables. Cut the leaves and stem into big pieces. Wash vegetables. Heat oil and add 5-spices. On crackling put the vegetables and fry for a minute. Add all the spices cover and cook on low fire till done. Add shrimps, mix well and simmer for 5 minutes before removing.

Shrimp with Daal

Serves:

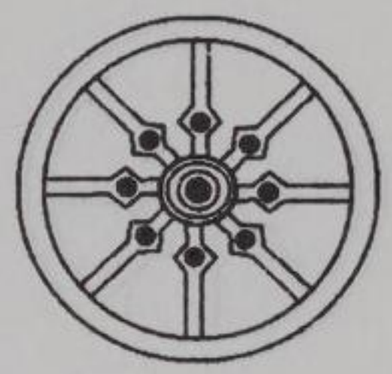
100 gms shrimp
½ cup moong daal
2 medium potato
250 gms jackfruit
1 onion
½" ginger
5 cloves garlic
salt to taste
½ tsp turmeric
½ tsp cumin seeds
¼ tsp chilli powder
2 tbs oil
1 tsp cumin powder
2 glasses water

METHOD:
Wash and soak daal for ½ hour. Clean and wash shrimps, mix with salt and turmeric and keep aside. Peel and cube vegetables. Grind onion, ginger and garlic. Cook together the daal, vegetables, salt, turmeric, cumin and chilli till done. Heat the oil and add cumin seeds. On crackling put the ground spices and fry till lumpy. Add shrimp and fry till pink. Pour in the daal and simmer for 5 minutes.

Prawn Mustard

Serves: 6

12 prawns
10 cloves garlic
¼ tsp chilli powder
1 cup water
2 tsp mustard
½ tsp turmeric powder
1 tbs oil
salt to taste



METHOD:
Clean and wash prawns. Grind mustard and garlic. Mix all the ingredients together and cook till done and oil floats.

Crab Mustard

Serves: 4

1 big or 2 small crab
1 onion
½" ginger
8-10 cloves garlic
1 tbs khuskhus
2 tsp mustard
2 tbs oil
1 bayleaf
½ tsp turmeric
¼ tsp chilli powder
salt to taste
1 glass water

METHOD:
Clean and wash crab pieces. Halve and slice onion. Scrape ginger. Grind garlic, khuskhus and mustard. Heat oil and put bayleaf and ginger. After a minute add onion and fry till translucent. Put crab and turmeric and fry for 3-4 minutes and add ground spices and chilli powder and fry for 2-3 minutes more. Pour in water, add salt and cook till done.

Crab Curry

Serves: 4

1 big or 2 small crab
turmeric
1 onion
10-12 cloves garlic
1½ tbs oil
1 bayleaf
2 green cardamoms
1 piece cinnamon
1 glass water
½ tsp chilli powder
1 tsp cumin powder
2 tsp coriander powder
½" ginger
2 tsp khuskhus
2 tsp coconut
8-10 pepper corns
salt to taste

METHOD:

Wash crab pieces, apply turmeric to them and keep aside. Halve and slice the onion. Grind the other half with garlic, ginger, khuskhus, coconut and pepper corns and mix with chilli, cumin and coriander. Split the cardamom. Heat oil and put bayleaf, cardamoms and cinnamon. When aromatic add slice onion and brown. Add ground spices and fry for 2-3 minutes. Add crab and fry till it leaves sides. Add water and cook till done.

10

Pitha

ALMOST NO USE OF REFINED FLOUR

A dinner of steamed 'pithas' and a bowl of boild vegetables with a dessert of banana mash or a light 'kheer' leaves the stomach early which ensures that this overworked digestive organ sleeps when we do

– a necessity for sound sleep

10

Pitha

Chakuli

Serves: 4

1 cup rice
½ tsp salt
1 cup black gram without skin

METHOD:
Soak rice and daal overnight. Grind fine in the morning. Add salt and whip well. Add water to make a thick batter. Make pancakes on a greased frying pan. Serve with coconut chutney or with plain potato curry in tomato gravy.

Enduri

Serves: 8

400 gms rice
250 gms black gram without skin
½ tsp salt
1 coconut
250 gms cottage cheese (Paneer)
4-5 peppercorns
2 green cardamoms
½ ginger
250 gms jaggery
leaves of turmeric or banana (traditional)

METHOD:
Soak rice and gram overnight and grind it into thick paste. Add salt, mix well and keep aside. Grate coconut and paneer. Powder peppercorns and cardamoms. Crush ginger. Mix coconut, paneer, jaggery and ginger and stir-fry them dry. Sprinkle powdered spices, mix well and remove. Steam in the traditional way i.e. half fill a wide mouthed pot with water and cover it with a muslin cloth tying it around the mouth. Put some rice mixture on a leaf and flatten it. Spread some prepared coconut over it and fold the leaf lengthwise so that the coconut layer remains sandwiched in between. Tie a thread around the prepared leaf. Repeat with the rest. Place all the made 'enduris' on the cloth. Cover the pot with a concave lid and steam till done when a fork comes out clean.
Note: To make it easier, one can steam in a idli mould.

Chitau

Serves: 6

250 gms rice
¼ tsp salt
1 coconut
ghee for greasing

METHOD:
Soak rice for 5-6 hours. Scrape coconut. Grind rice and coconut to a smooth paste. Add water and salt to make a thick batter of pouring consistency. Heat a thick iron kadai or pan and put ½ tsp ghee. Twirl the pan to coat the center of 4" diameter. Reduce fire. Pour ½ a cup batter in the center and cover it with a concave lid, which should be just a little wider than the pitha. After a minute, sprinkle l tbs water around the lid. 2-3 minutes later remove it. Serve it warm with either thick sweetened milk or 1 tsp ghee spread on it with sugar sprinkled on top.

Podapitha

Serves: 8

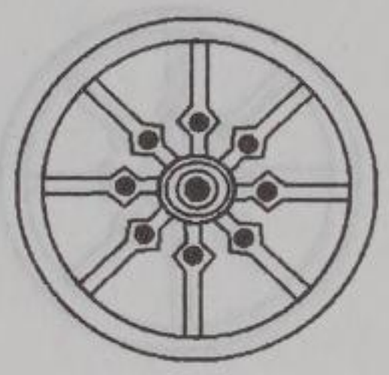
500 gms rice
¼ tsp salt
1 tbs ghee
500 gms black gram
2 tbs jaggery

METHOD:
Soak rice and daal overnight. Grind them fine with as little water as possible. Add salt and whip till soft. Set aside for half an hour. Add jaggery. Heat a thick iron kadai or pressure cooker. Put ghee on it and coat the bottom well. Put the dough and spread it thick. Cover and cook on slow fire till done. It may be turned after half an hour.

Rice Podapitha

Serves: 8

½ coconut
250 gms jaggery
3 glasses water
½ tsp salt
1 tsp aniseed
5 peppercorns
3 green cardamoms
2 tbs ghee
500 gms rice powder



METHOD:

Cut the coconut into small pieces. Mix jaggery, water and salt and bring it to boil. Add coarsely powdered aniseeds, pepper and green cardamoms. Add ghee and coconut. After 3-4 minutes stir in the rice and cook till a lump is formed. Remove and put in a greased baking dish. Flat evenly (2" thick) and bake till a crust is formed at the top.

Pumpkin Podapitha

Serves: 8

500 gms rice
250 gms jaggery
1 tbs ghee
500 gms pumpkin
½ tsp salt

METHOD:

Soak rice overnight. Peel and cut pumpkin. Grind rice and pumpkin (can also be grated and mixed with ground rice). Add jaggery and salt. Grease a tray, pour mixture and bake till done.

Suji Manda

Serves: 4

1 cup semolina
2 cups water
2 tsp ghee
1 cup sugar
1 cup milk
¼ tsp salt
250 gms paneer
2-3 green cardamoms

METHOD:
Mix water, milk, salt and ghee and bring it to boil. Stir in suji slowly. Continue stirring till a lump is formed. Remove. Grate paneer. Mix in sugar and cook till dry. Take a lemon size lump of suji while still a little hot and flatten it on the palm. Put paneer filling at the center. Gather and seal the edge. Repeat with the rest. Serve when cool.

Rice Manda

Serves: 6

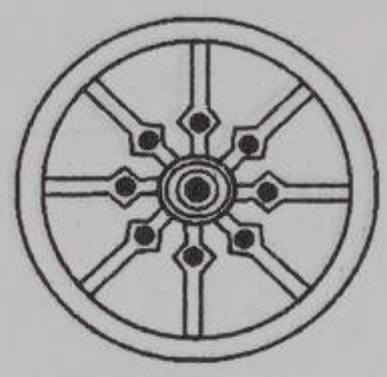
500 gms rice
1 ltr water
1 tsp salt
1 coconut
250 gms paneer
2 black cardamoms
2 green cardamoms
6 peppercorns
250 gms jaggery

METHOD:
Soak rice for at least 6 hours. Strain and spread it under a fan. Powder it when dry. Bring the water to boil. Add salt. Slowly stir in rice powder. Stir till a lump is formed. Remove and cover. Grate coconut and paneer. Powder cardamoms and peppercorns. Mix coconut, paneer and jaggery and stir cook till almost dry. Sprinkle powered spices and remove from fire. Knead the rice dough well when cool and make lemon-sized balls. Put the fillings in and make 'mandas'(rice balls). Bring half a kadai of water to boil. Add ½ tsp salt. Now put the prepared mandas one by one in the boiling water. When they float remove from the water. Serve when cool.

Fried Manda

Serves: 8

1 coconut
500 gms paneer
½" ginger
4 green cardamoms
6 peppercorns
500 gms jaggery
750 gms water
¼ tsp salt
500 gms wheat flour
250 gms rice powder



METHOD:

Grate coconut and paneer. Crush ginger well and powder cardamoms and peppercorns.

Mix half the jaggery with the water and bring it to boil. Add salt. Slowly stir in the wheat flour. After a while stir in the rice flour. Stir till a lump is formed. Remove and cool. Mix and cook coconut, paneer and the rest of the jaggery till dry. Sprinkle powdered spices, mix well and remove. When the dough is cool, knead it well and make lemon-sized balls. Fill each ball with the coconut-paneer mixture. Make mandas and deep fry till brown.

Gaintha

Serves: 6

1 ltr milk
4 green cardamoms
4 tbs sugar
1 cup prepared rice dough of the manda

METHOD:

Boil milk with sugar till reduced to half. Make marble size balls with the dough and put them in the boiling milk. Continue boiling for 5-10 minutes. Remove from fire and sprinkle powdered cardamoms on top. Serve when cool.

Kakara

Serves: 8

1 tsp aniseed
4 black cardamoms
250 gms jaggery
¼ tsp salt
500 gms wheat flour
oil or ghee for frying

METHOD:
Powder aniseed and cardamom seeds coarsely. Mix jaggery with the water and bring it to boil. Add salt and the spices. Stir in wheat flour and stir till a lump is formed. Remove and cool. Take a lemon size lump and flatten evenly to ¼" thickness. Deep fry till crisp and brown. Remove and drain oil.

Arisha

Serves: 8

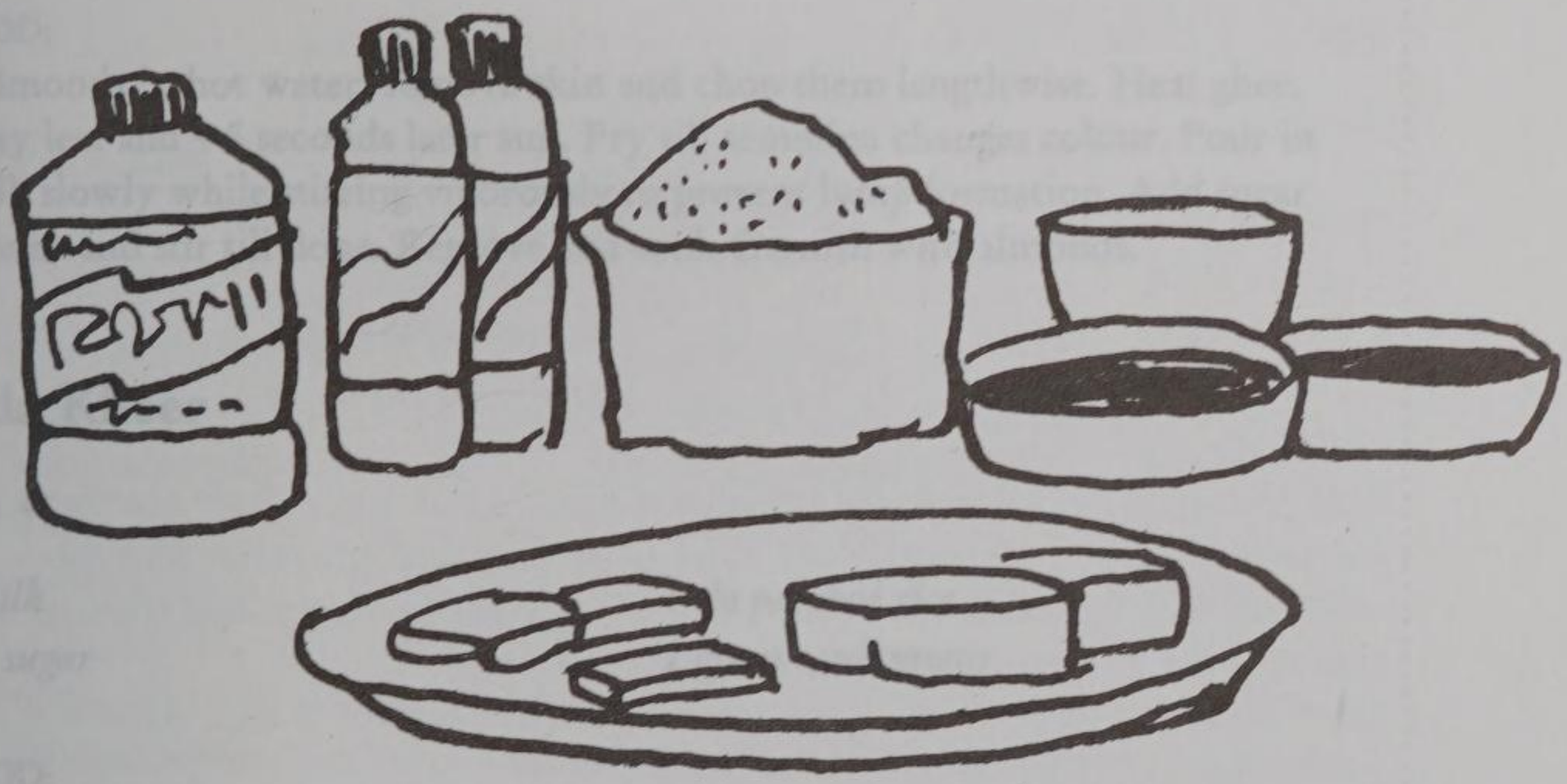
500 gms rice
500 gms jaggery
3 black cardamoms
50 gms white til
refined oil for frying

METHOD:
Soak rice for 2-3 hours. Strain and spread it under a fan. Power it when dry. Mix jaggery and water and boil til thick when the syrup hardens in water. Stir in the rice powder. Stir til a lump is formed. Add cardamom and remove from fire. Allow it to cool. Scatter some til on a greased plate. Take lemon size dough and make a ball. Keeping it on the til, press to flatten (1/4" thick). Turn over to coat the other side with til. Deep fry in hot oil til crisp and brown. Repeat with the rest. Store when cool. Lasts for months.

11

Sweet Dishes

DESSERTS CAN BE HEALTHY TOO !



The humor 'pitta' (acid) is pacified by
the 'rasa' (quality) – sweet

11

Sweet Dishes

Suji Kheer

Serves: 4

7-8 almonds
2 tsp ghee
1 bayleaf
4 tbs semolina
4 cups milk
8 tbs sugar
1 tbs raisins

METHOD:
Soak almonds in hot water, remove skin and chop them lengthwise. Heat ghee. Add bay leaf and 4-5 seconds later suji. Fry till semolina changes colour. Pour in the milk slowly while stirring vigorously to prevent lump formation. Add sugar and raisins and stir till done. Remove and cool. Garnish with almonds.

Chuda Kheer

Serves: 4

1 ltr milk
6-8 tbs sugar
4 tbs parched rice
2 green cardamoms

METHOD:
Boil milk till reduced to half. Add sugar. Quickly rinse the rice, put it in the milk and cook till thick. Remove and sprinkle cardamom powder.

Papaya Kheer

Serves: 4

1 tbs ghee
1 (grated 1 cup) green/raw papaya
a pinch salt
5-6 tbs sugar
4 cups milk
2 green cardamoms

METHOD:
Heat ghee and fry papaya with the salt. When dry add sugar and mix well. Fry till it changes colour. Add milk and cook till papaya is soft. Remove and sprinkle green cardamom.
Note: (Lauki kheer can also be made in the above manner).

Moong Kheer

Serves: 8

1 cup green gram (skinned and split)
3 cups milk
2 green cardamoms
4-5 tbs sugar
½ cup coconut

METHOD:
Soak moong for 2 hours and grind. Mix milk, moong and cardamoms (split) and cook till done. Add sugar and coconut and cook for 5 more minutes. Remove.

Palua Kheer

Serves: 6

½ cup palua
2 glasses water
2 glasses milk
6 tbs sugar
1 tbs chironji
2 green cardamoms

METHOD:
Soak 'palua' in a glass of water and set aside for half an hour. Pour out the water carefully. Repeat the process once more to clean 'palua' properly. Mix the sedimented 'palua' with milk and sugar and stir cook till thick. Add chironji and remove after 5 minutes. Sprinkle cardamom powder.
Note: **To make palua burfi**—take 1 cup of palua instead of ½ cup. After it is done. Spread it on a greased plate and cut it when cool.
Note: Palua is a root of a wild plant growing in the tribal belt of Orissa. It is extremely soothing to the stomach.

Moong Burfi

Serves: 8

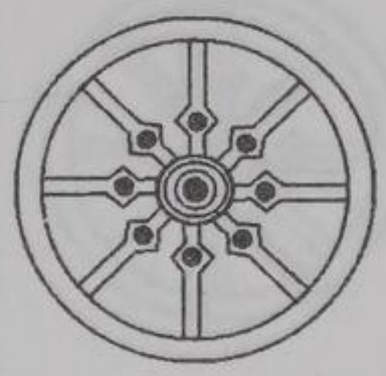
1 cup green gram (split and skinned)
4-5 peppercorns
2 green cardamoms
2 cups milk
6 tbs sugar
ghee for greasing

METHOD:
Soak daal for 2 hours. Grind and powder pepper and cardamom seeds coarsely. Mix all the ingredients and cook till thick and soft. Remove and spread on a greased plate. Cut when cool.

Moong Chandrakanti

Serves: 8

1 cup green gram (split and skinned)
½ coconut
2 cups water
¼ tsp salt
jaggery
½ cup rice powder
4 tbs sugar
2 green cardamoms
oil for frying



METHOD:
Soak daal for 2 hours and grind with coconut. Mix with water, salt, jaggery, rice powder, sugar, cardomom, oil and make pancakes.

Ata Pancake

Serves: 4

1 banana (a little over ripe)
1 green cardamom
1 cup whole wheat flour
1 cup milk
½ cup water
2 tbs jaggery
a pinch salt
¼ tsp aniseed
oil for frying

METHOD:
Mash banana, powder cardamom and mix together with wheat flour, milk, water, jaggery, salt and aniseed to form a thick batter. Make pancakes on slow fire.

Mandia

Serves: 4

2 tbs ragi powder
4 tbs jaggery
1 glass water

METHOD:
Mix all ingredients and cook till thick, remove and spread on a greased plate.

Khirsa

Serves: 4

1 ltr unboiled milk
5-6 tbs sugar

METHOD:
Let the milk stand overnight or longer till it curdles. Add sugar and put it on slow fire. The water will evaporate leaving behind the solid residue called 'khirsa'. Remove when the bottom caramels. No need to stir this preparation at any point.

Papaya Khirsa

Serves: 8

1 papaya (green)
5-6 tbs sugar
1 ltr unboiled milk

METHOD:
Mix grated papaya and milk and put it on fire till the milk separates. Add sugar and cook till khirsa is formed and the sugar caramels.

Paneer Podpitha

Serves: 8–10

500 grams paneer
2 tbs semolina
1 tbs white flour
1 cup sugar
2 tbs raisins
ghee for greasing

METHOD:
Grate paneer and rub well with suji, white flour and sugar. Add soaked raisins and mix. Grease a baking dish. Put paneer in the dish and bake till the top is brown.

Sara Bhaja

Serves: 4

1 ltr milk *2-3 tbs sugar*

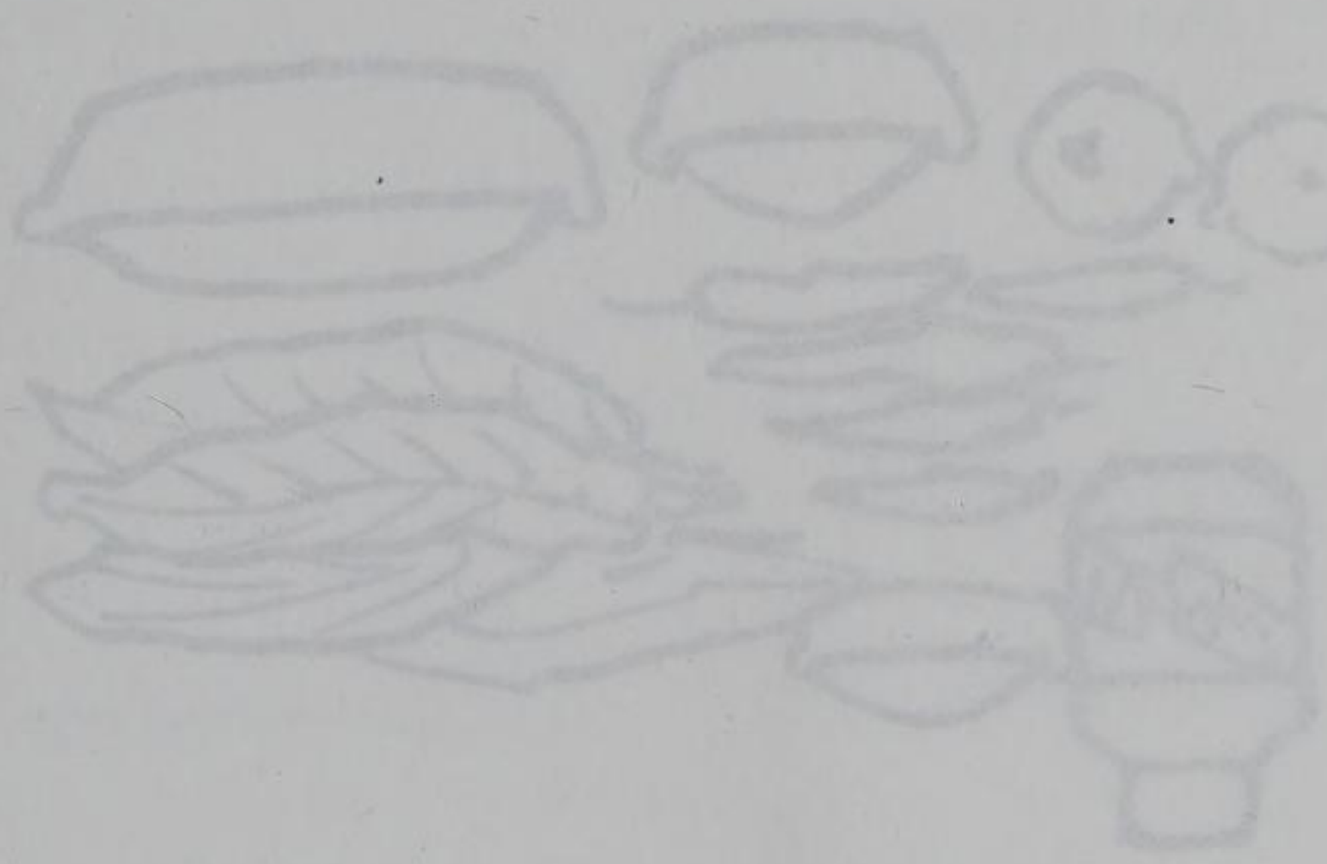
METHOD:
Take milk in a wide iron kadai and put it on very slow fire till it is reduced to one fourth. Remove and cool it under a fan. The top cream will be thick and stick to the side of the kadai. Very carefully cut a small portion on one edge to pour out the thickened milk. The top cream now settles on the floor of the khadai. Heat up the kadai and let the cream get slightly fried. Remove from fire. When cool, carefully remove the top cream or malai on to a plate. Put the thickened milk with sugar on fire and further thicken it. Spread this cream or 'rabdi' on the fried malai and roll it to two inches width. Cut it to 2" square pieces.

12

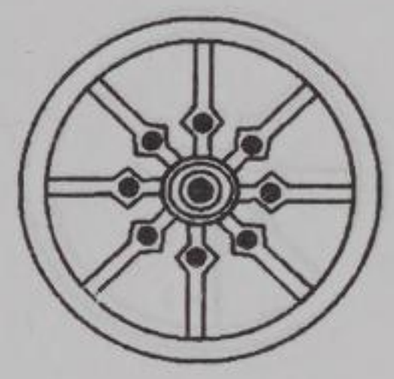
Paan Penchant

THE FINISHING TOUCH !

Connoisseurs of food alone know the feeling of lightness that a paan *brings about after a heavy meal. Worth a try !*



Betel or *Paan* is an Oriya favourite. No meal is considered complete without it. Almost every household keeps a *paan* box which has containers for the leaves and its various accompaniments. Any time a guest or a casual visitor drops in, out comes the box, *paan* is duly made and is offered to him with such enthusiasm that it is difficult to refuse it. And gradually even non-loyalists of *paan* start taking it regularly – an act not without benefits.



Paan can be called a wonder package because of the medicinal values the leaves and the ingredients taken with it, possess. Betel leaves contain anti-septic oil that can prevent caries. Not only is that good for the dental health but also, it has far reaching consequences on one's general health. Oral infections are linked with most stomach problems and a troubled stomach can hardly process the food correctly to make it acceptable to the body cells. Thus malnourished, the tissues can only become progressively weaker, ushering in hordes of diseases. No wonder, many health systems hold that most diseases originate from an ailing stomach.

Paan leaves contain vitamins A and C, which strengthen the immune system to fight infections successfully. Further more, they are rich in calcium and, at the same time, help the proper absorption of this mineral – a boon to older women, who are always at the risk of breaking their bones because of Osteoporosis. Retinol is yet another wonder component of *paan*. This substance, found in natural vitamins A and C rich food,along with coconut and nutmeg is seen to reverse the process of malignancy especially in oral cancer. Nutmeg which is often used in *paan*, has other beneficial properties too. It is a powerful blood thinner so is clove another of its accompaniments. They are claimed to be four times as powerful as aspirin in this regard. Nutmeg also has a powerful influence on the cerebral cortex and makes one feel euphoric, while clove is known for its anti-gas property.

Omum, aniseeds and coriander seeds that are generally put in betel are all therapeutic. Aniseeds cure indigestion constipation, nausea, vomiting and hookworm infection. It is also said to safeguard the eyesight, increase breast milk, cure menstruation problems and lift impotency. Decoction of aniseed is given as a diuretic during the treatment of heart, liver and kidney ailments.It also is said to burn the stored fat in the body. Ajwain too has many wonderful properties. It stimulates gastric secretions and the movements of the intestine. It also destroys harmful germs in the intestine and prevents fermentation while coriander seeds are highly carminative.

Lime, an integral part of *paan* is nothing but pure calcium which strengthens the bones. The seashell paste which is used in Orissa in place of lime is still better as its calcium is easy to assimilate-a simple way to prevent osteoporosis. Now-a-

days many pharmaceutical companies are using this ingredient in the manufacture of calcium tablets. But lime is highly corrosive and should be used very sparingly.

Another essential accompaniment of betel is supari or areca nut. According to ayurveda, supari destroys *pitta* and *kapha*. It is also an artringent, which strengthens gums and prevents damage to the teeth.The extract of this nut is seen to inhibit growth of the germs staphylococci and streptococci. Supari is a strong stimulant of peristaltic movement of the intestine and hence helps in better evacuation of the bowel. It is also a nervine tonic and it helps regulating the menstrual cycle. Taking it with *paan*, has yet another advantage.It negates the ill effects of lime. Coconut, which also is put in *paan*, destroys various other microbes as already mentioned in earlier Chapter.

Cardamom is yet another of *paan* accompaniments. This condiment prevents food putrefaction which helps to control gas and acidity. As it is, chewing *paan* itself counters acidity as the action promotes a copious amount of saliva secretion and saliva is highly alkaline that counters stomach acid. The leaves, too, are alkaline in nature. The red colouring of the mouth due to *paan* chewing is because of the presence of *kattha*. This is a cooling, antiseptic substance that can dry up phlegm in the body, helping people suffering from chronic cold and cough problem. In its absence the lime can cut the lining of the mouth. However, to remove this stain, one can apply a mixture of honey and lemon to the teeth as both are natural bleach.

After preparing the *paan*, the affluent often stick a gold or silver leaf on it for decoration. Both these precious metals are used in ayurvedic medicines for their therapeutic qualities. Gold is a rare metal that resists the corroding effect of oxygen. It's presence in the body tissues is said to protect them from the harmful effects of this gas. It is also said that those who consume gold in the right way can preserve their health and youth for all the time to come.

Like everything else *paan* too can harm if taken in excess. It can erode the mouth lining and lead to ulcers or ever cancer. So stick to just one *paan* after the two major meals. Heart patients must not take supari as that constricts the bronchi which can bring about a heart attack. Also stay away from using zarda and other intoxicants in your *paan* if you want to derive only benefits from it.

13

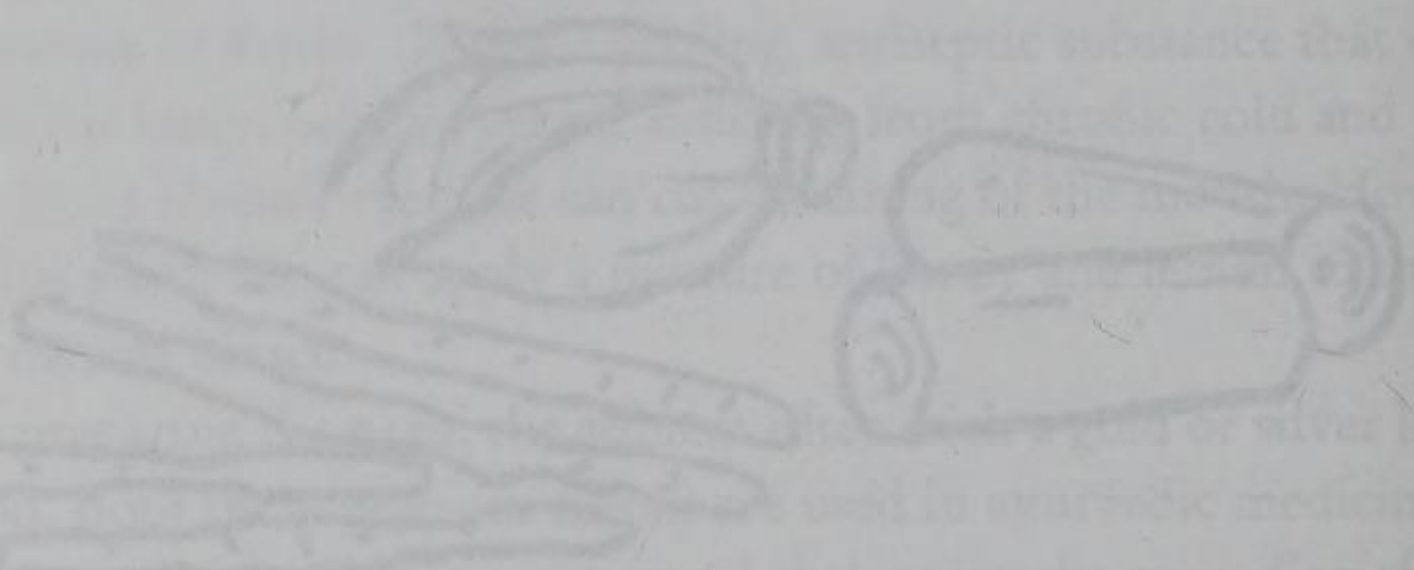
Help At Hand

Aant ke daant nahin hote

[The intestine does not possess teeth.

So, chew your food well]

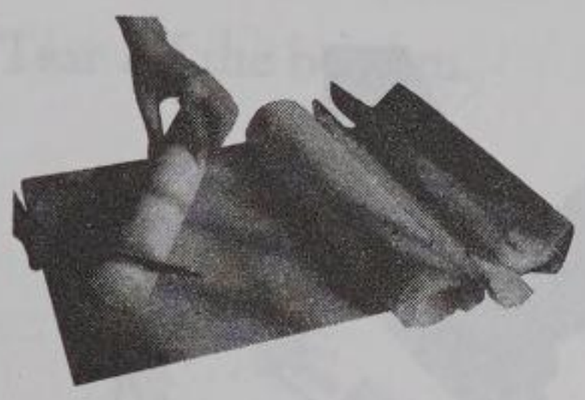
—Paramahansa Swami Satyananda Saraswati



How to prepare:

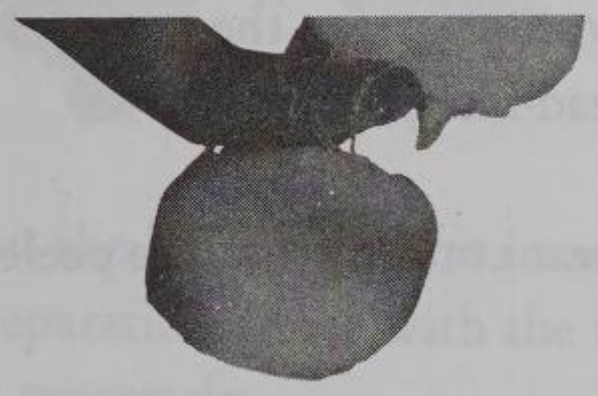
I) Banana stem

a. Cut away the porous layers.



b. Slice (1/4" thick) but not fully.

c. Roll its threads around the finger and pull them out.



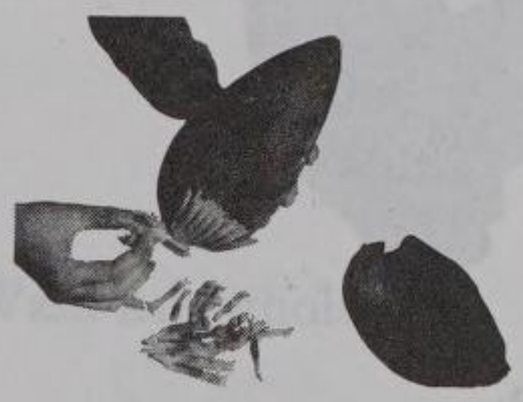
d. Chop slices.

e. Add salt and rub.

f. Remove threads.

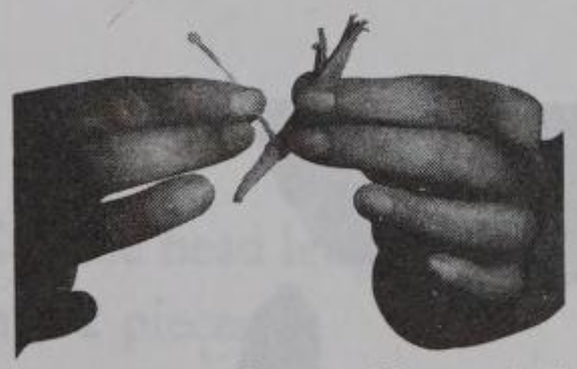
II) Banana Flower

a. Remove one covering petal.



b. Take out the buds.

c. Remove the small outer layer at the bottom.



d. Remove the pollen stick from inside.

e. Chop them all.

III) Drum Stick

a. Cut ends.

b. Cut a slice of the vegetable almost all the way down.

c. Turning the piece over pull it down to remove the hard thread-like peel.

d. Peel off the upper portion.

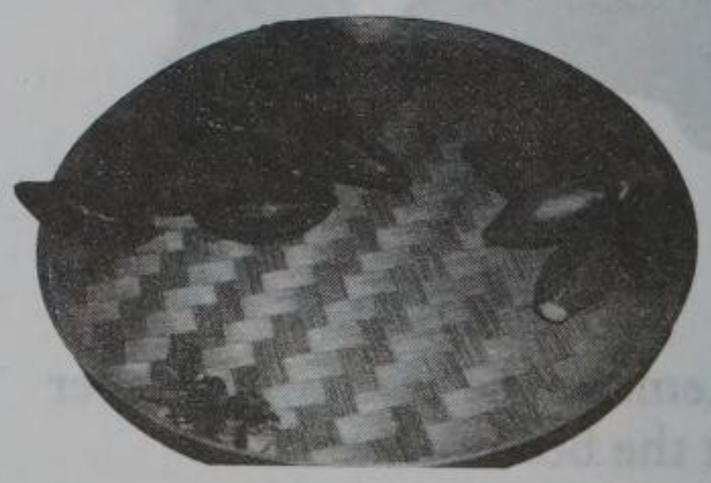
e. Repeat cutting from the peeled side.

IV) Parwal

a. Cut ends.

b. Holding the knife perpendicular to the vegetable scrape off half a layer from the peel.

c. Scrape or peel, it is your choice.



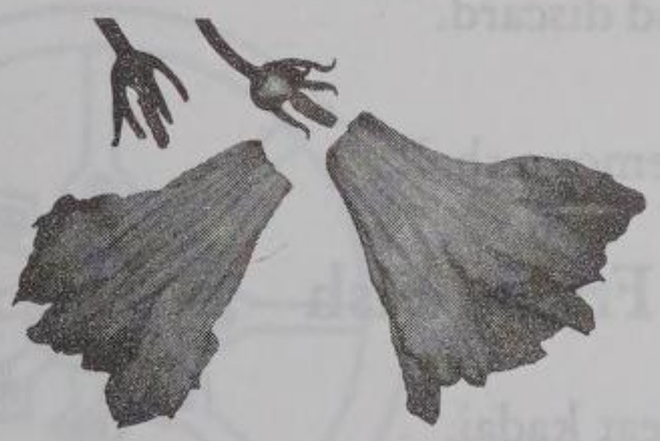
d. The vegetable is ready for use.

V) Pumpkin flower

a. Remove the green projections from the cup at the bottom of the flower.

b. Tear off the bottom.

c. Remove the inner yellow stick.

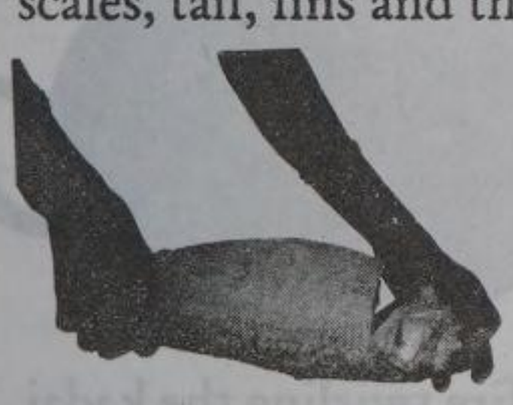


d. Cut the bulb and use it in any preparation either with the flower or separately.

VI) Hilsa

a. Let the fish-seller remove the scales, tail, fins and the entrails.

b. Wash fish whole.



c. Separate the head.

d. Cut the head lengthwise into 2 pieces.

e. Slice fish into slices (do not discard the juice as it contains its oil).

f. Keep everything together and apply turmeric.

VII) Prawns

a. Remove the shell of the head.

b. Remove the black bag and discard.

c. Remove shell.

d. Slit the back a little (the black vein will be exposed).

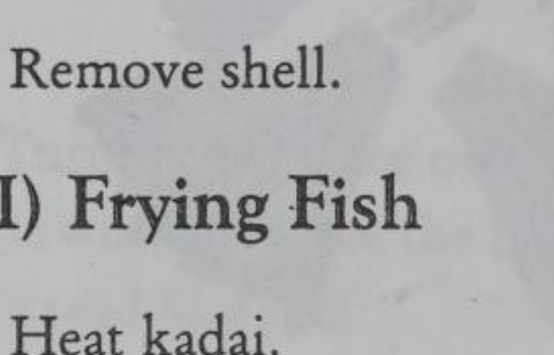
e. Remove it.

VIII) Frying Fish

a. Heat kadai.

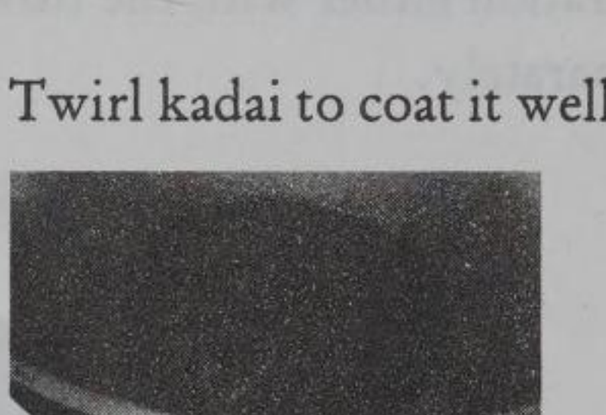
b. Add 1 tbs oil.

c. Twirl kadai to coat it well.



d. When oil smokes add fish one at a time at the center.

e. Tilt kadai to bring oil to the side.



f. Add fish on the side.

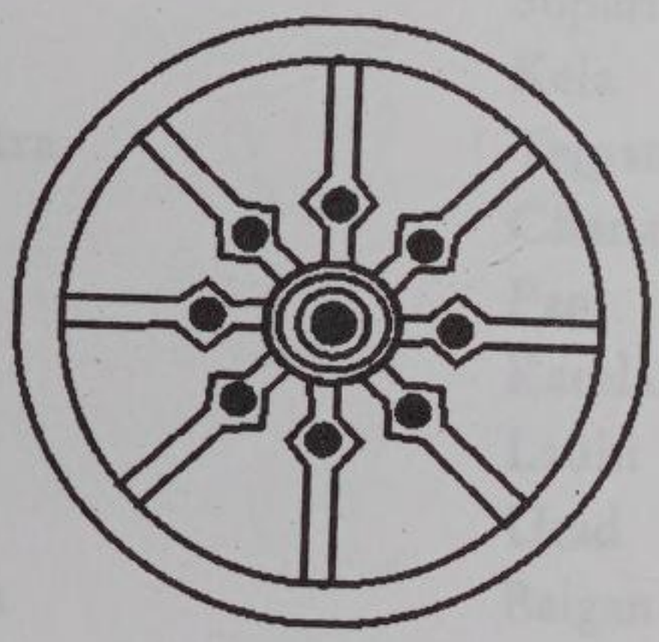
g. Bring oil to the other side.

h. Put more fish.

i. Put it on fire twirling the kadai from time to time.

j. When the lower side changes colour, turn and fry the other side.

Glossary

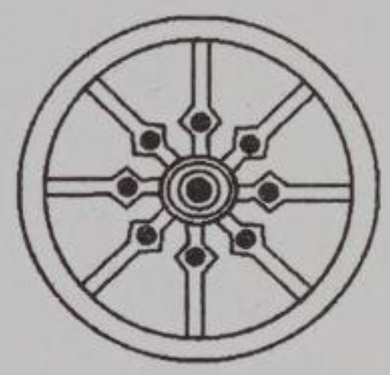


Glossary

English	*Oriya*	*Hindi*
Almond	Kabuli badam	Badam
Apple	Seu	Sev
Amaranthus	Koshala, khada	Chaulai
Aniseed	Panamahuri	Saunf
Ash gourd	Panikakharu	Petha
Areca nut	Gua	Supari
Banana	Kadali	Kela
Bayleaf	Tejapatra	Tejpatta
Bengal gram	Chana	Chana
Betel	Pana	Pan
Bitter gourd	Kalara	Karela
Bottle gourd	Lau	Lauki
Black gram	Biri	Urad
Brinjal	Baigana	Baigan
Broad/Flat beans	Simba	Sem
Caraway	Kalajira	Kalaunji
Cardamom	Aleicha	Elaichi
Carrot.	Gajar	Gajar
Cashew	Kaju	Kaju
Chilli	Lanka	Mirchi
Cinnamon	Dalchini	Dalchini
Clove	Labanga	Laung
Coconut	Nadia	Nariyal
Coriander	Dhania	Dhania
Cottage Cheese	Chena	Paneer
Crab	Kankada	Kekda
Cucumber	Kakudi	Kheera
Cumin	Jeera	Jeera
Curry leaves	Bhursunga patra	Kadhi patta
Custard apple	Ata	Sharifa
Dates	Khajuri	Khajoor
Drumstick	Sajana	Sajan
Fenugreek	Methi	Methi
Fish	Macha	Machli
Garlic	Rasuna	Lehsun
Ginger	Ada	Adrak

English	*Oriya*	*Hindi*
Grapes	Angura	Angur
Greengram	Muga	Moong
Honey	Mahu	Shahad
Indian gooseberry	Anla	Amla
Jack fruit	Panasa	Kathal
Jaggery	Guda	Gud
Jambul	Jamukoli	Jamun
Khamrak	Karamanga	Kamram
Lady's finger	Bhendi	Bhindi
Lemon	Lembu	Nimbu
Lentil	Masoori dali	Masoor
Mace	Jaitri	Javitri
Mango	Amba	Aam
Melon	Tarabhuja	Tarbooj
Mulberry	Tootkoli	Shahtoot
Musk melon	Kharabhuja	Kharbooj
Mushroom	Chatu	Chattu
Mustard	Sorisa	Sarson
Nutmeg	Jaiphala	Jaiphal
Omun	Juani	Ajwain
Onion	Piaja	Piaz
Orange	Kamala	Santara
Pumpkin	Makhana	Kaddu
Papaya	Papeya	Papita
Parwal	Potala	Parwal
Parched rice	Chuda	Chivda
Pepper	Golamaricha	Kalimirch
Pineapple	Sapuri	Ananas
Pomogranate	Dalimba	Anar
Poppy seeds	Posta	Khuskhus
Potato	Alu	Alu
Prawn	Chingudi	Jhinga
Raisins	Kishmish	Kishmish
Ragi	Mandia	Madua
Radish	Mula	Mooli
Redgram	Harada daali	Arahar
Rice (uncooked)	Chaula	Chawal
(cooked)	Bhata	
Ridge gourd	Jahni	Jhinga tori
Semolina	Suji	Suji

English	*Oriya*	*Hindi*
String beans	Jhudanga	Barbati
Sugar	Chini	Shakkar
Sweet potato	Kandamula	Shakarkand
Tamarind	Tentuli	Imli
Tomato	Bilati baigana	Tamatar
Top Cream	Sara	Malai
Turmeric	Haladi	Haldi
Wheat	Gahama	Gehun
Whole wheat flour	Ata	Ata
White flower	Maida	Maida
Yam	Ola	Jimikand



5-spices [Panch Phoran] is *mustard, cummin, aniseed, fenugreek seeds* and *caraway* mixed together

Palua: is a root of a wild plant growing in the tribal belt of Orissa. It is extremely soothing to the stomach. In some places it is also called *tikhur*.

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BIJOYLAXMI HOTA is a yoga therapist of repute with almost two a half decades of experience. Along with recommending yog practices, she also guides her students on diet plans. She cond yoga workshops within and outside India, has penned various a and produced television programmes on the subject.

KABITA PATTANAIK is a business woman with her own insur company. She has a post-graduation degree in philosophy ar also done her Masters in travel administration.

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